



**January 4, 2018**  
**Incentive Eligible: Nicotine Cessation Workshop Available**

Dear State Plan Member:

Are you looking for an activity that can help you earn the 2018 Live Life Well Incentive? Have you been thinking of quitting tobacco? If so, please consider participating in the Tobacco Free Workshop starting January 18! Completion of the workshop is an eligible [Live Life Well Incentive](#) Nicotine Free AND Next Step activity!

**Tobacco Cessation Beat the Pack/ Kick the Can Workshops**

**Dates:** January 18, 25, February 1, 8, 15, 22, March 1, 8; (Thursdays) 12:00 PM-1:00 PM.

**Location:** Webinar URL to be sent to registered participants.

Are you interested in quitting tobacco? Have you tried before, but you were not successful on your own? Please join in this 8-week group workshop to learn healthy and positive ways to become tobacco-free for life. This class is taught by a Tobacco Cessation coach and will offer individualized support and group support. It is very important for participants to actively engage in these meetings to get a full experience of support and knowledge. A workbook, along with other materials, will be sent to your email address once you register for this webinar, please check your CareHere account and make sure your information is up to date.

**Registration is required.** Please visit <http://benefits.mt.gov/Live-Life-Well/Wellness-Workshops>, and scroll down to "Online Registration Instructions." Register under "Tobacco Cessation Workshop." Only need to register for first date, January 18.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).