

## Resources for a Healthy Weight

All resources listed are available to anyone on the State of Montana health care plan. We encourage you to start your journey to better health today!

- **Healthy For Life Weight Management Program.** The HFL Program is designed to assist members who are ready to take control of their weight and be *Healthy For Life!* HFL goes above and beyond reimbursement – it is about results. This program is for those who are ready to make the time commitment necessary to find their best health outcomes and body size. The program provides intensive lifestyle management that may reduce the development of many chronic diseases impacted by body weight. **Applicants must be ready and able to devote the time needed for successful lifestyle change.** This program is free for State of Montana Plan members and is delivered via webinar and telephone. *Class size is limited and participants will be approved on a first-come, first-serve basis, with priority given to those with multiple health-related conditions.* To participate in the Healthy For Life Program, please visit our web site <http://benefits.mt.gov/somhealthyforlifeprogram.mcpx> to review the program requirements and benefits. If you are ready to be Healthy For Life, complete and return the contract.
- Our Healthy For Life **webinars** will be recorded as we do them and available on our HFL web page: <http://benefits.mt.gov/somhealthyforlifeprogram.mcpx>.
- **Hunter/Backcountry Challenge** – Begins in July of each year. For details: <http://benefits.mt.gov/hunterfitness.mcpx>.
- Spring Fitness – Don't miss out on the annual Spring Fitness Program (begins in April of each year)! This team-based event is inexpensive, fun and a great way to get started or keep moving towards your goals. Check out more at <http://mine.mt.gov/programs/SpringFitness/default.mcpx>.
- **Health Coaching** –One-on-one coaching is available to all State of Montana health care plan members. Just contact the Health Care and Benefits Division to get started: (800) 287-8266 or [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov).
- **Diabetes and Cardiovascular Disease Prevention Programs** – These programs are what the Healthy For Life Program is modeled after and are available throughout the State. Just call the location of your choice to find out details about prerequisites and costs (enrollment fees for these programs can be claimed through flexible spending accounts): <http://www.mtprevention.org/>.
- **Weight Watchers Reimbursement:** <http://benefits.mt.gov/weightwatchers.mcpx>.
- **Shape Up Montana** – This yearly program begins February 1: <http://www.shapeupmontana.org/>.
- Most fitness centers have **discounts** available for State or Government employees upon request; some discounts are listed on the MINE site: <http://mine.mt.gov/benefits/discounts/default.mcpx>
- Blue Cross Blue Shield - **Well With Blue:** <http://www.wellwithbluemt.com/>
- **Medical Management Benefit for those with BMI >40** –The Medical Management benefit is a once per lifetime benefit through the State of Montana health care plan. Here is the link for a complete description of the benefit: <https://www.bcbsmt.com/MedReview/Policies/MorbidObesityMedical/v101.aspx>. If you meet the BMI requirement and are interested in taking advantage of this benefit, you will need to have your physician send a preauthorization to your plan administrator (BCBS/New West) to qualify for the benefit.
- **MORE Resources for Self-Driven Health:** <http://benefits.mt.gov/healthwealth.mcpx>.