



Montana Health Center Wellness Services

December 31, 2018



Dear State of Montana Benefit Plan (State Plan) Member,

As a State Plan Member, CareHere wellness services and health coaching are available at **NO COST** to you and your eligible dependents!

Coaches are available by phone, online, or in-person, so all members have access to these programs!

Click [here](#) to learn more about CareHere wellness services, health coaching, and how to stay connected or visit <http://healthcenter.mt.gov/Health-Coaching>.

For complete details about the Montana Health Centers and services, visit <http://healthcenter.mt.gov/>.

If you have any questions, please call CareHere at (855) 200-6822 or email help.montana@carehere.com.

Sincerely,



(800) 287-8266; (406) 444-7462; TTY (406) 444-1421

benefitsquestions@mt.gov

www.benefits.mt.gov

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

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

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).