



2016 Live Life Well Incentive

Visit www.benefits.mt.gov/discount for more details, FAQs, and eligible Next Steps activities.

Earn up to \$30/month off your 2017 benefit payment by completing the following activities between November 1, 2015 and October 31, 2016. Double your discount and earn up to \$60/month if you and your spouse/domestic partner* complete the Incentive program.



\$5 Health Screening Discount

Have a State-sponsored health screening with CareHere by Oct. 31, 2016.

A State sponsored health screening is required in order to qualify for any part of the Live Life Well Incentive Program.



\$10 Nicotine Free Discount

Your State sponsored health screening indicates you are nicotine free; or
Your State sponsored health screening indicates you are NOT nicotine free and you:

- Complete a nicotine cessation program or
- Have a nicotine counseling session with your primary care provider.



\$15 Next Steps Discount

Complete an eligible activity related to your health screening results by Oct. 31, 2016. Visit www.benefits.mt.gov/discount to see eligible activities (see back for more details).
You must complete an eligible activity in order to qualify for the new Next Steps Discount even if your health screening results show no At Risk Levels.

Reporting your Activities

- **Health Screening-** CareHere will automatically report that you had a State sponsored health screening.
- **Nicotine Use-** Your blood will be tested for nicotine as part of your screening. That result will automatically be reported.
- **Other Activities-** Members will report Next Steps or Nicotine Free alternative activities to HCBD in a wellness portal that is currently being developed. Stay tuned for more information.

***New for 2016-Only eligible policy holders and their eligible spouse/domestic partner on the State Plan may earn a discount by completing Live Life Well activities in 2016.** Based on recent federal agency guidance, dependent children, regardless of age, are no longer eligible to earn a discount for 2017. They may still participate in Live Life Well activities, but their participation will not count toward a 2017 discount.





\$15 Next Steps Discount Details

Get an additional \$15/month off your 2017 benefit payment if you complete an eligible activity related to your health screening results as outlined below.

Health Indicator	At Risk Levels
These four categories help predict your risk for developing conditions like heart disease, cancer, and diabetes.	If your levels are higher than those listed below, they will show up as red on your health screening results.
Body Mass Index (BMI)/Waist Circumference	BMI of more than 30 or Waist circumference- • Male-40 inches or more • Females-35 inches or more
Blood Pressure	More than 140/90mmHg (May be repeated once 15 minutes after original elevated reading.)
Cholesterol Level	More than 200 mg/dL (or Total Cholesterol/HDL ratio is more than 4)
Fasting Blood Glucose Level	Greater than 100mg/dL

If You Have No At Risk Levels

You must still complete an eligible activity in order to qualify for the Next Steps Discount.

Eligible activities include:

- Any of the Live Life Well Challenges listed here www.benefits.mt.gov/Live-Life-Well/Challenges.
- Either option listed below.

If You Have One or More At Risk Level(s)

You must complete one of the activities below to address at least one of your At Risk Levels.

1. Have at least two sessions to address at least one of your Risk Levels which can be a combination of:
 - An appointment with a provider;
 - An appointment with a health coach;
 - A health coaching call with a StarPoint disease management nurse; and/or
 - Attendance at a Montana Health Center group health coaching presentation.

OR

2. Complete one of the programs listed at www.benefits.mt.gov/discount/Next-Steps-Discount.

Get Your Health Screening Results Online

1. Login to www.carehere.com 2-3 days after your screening date.
2. Click "Reports" on the left side menu.
3. Click "Run" next to HRA Screening.
4. Click "I Agree. View Report."

Paper results-If you signed up to receive notifications via mail, a copy of your results will be mailed to you within 10-14 days.

The State Plan offers the incentive program to all plan members and their enrolled spouse/domestic partner. If you think you may be unable to meet a standard of the incentive program, you may qualify for an alternative program or different means to earn the incentive. You must contact the Health Care & Benefits Division (HCBD) as soon as possible at 800-287-8266 or email livelifewell@mt.gov. We will work with you (and if you wish, your doctor) to design a program with the same incentive that is right for you. Any personal medical information gathered during the course of the incentive program is protected by and will be treated consistent with the HIPAA Privacy and Security Rules. A copy of the Plan's privacy notice is available on the HCBD website or by going to <http://benefits.mt.gov/Portals/59/Documents/hipaa%20notice.pdf>.