



HCBD Today

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December 2013

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The Missoula Office of Public Assistance Takes Great Strides Toward Better Health!

Chris Mitchell, Field Operations Manager for OPA in Missoula sent in this great story about active steps her office is taking to help employees get and stay healthy.

We have been walking and having monthly functions/luncheons organized by our "Morale Boosting Committee."



We coordinated a salad luncheon right after a visit from the CareHere coaches who presented a workshop to staff on stress management/nutrition.

One EFNEP (Expanded Food Nutrition Education Program) employee has been coming to our office to present to staff.

One Supplemental Nutrition Assistance Program (SNAP) employee has been coming to our office weekly cooking healthy food and training those interested staff on healthy meal preparation.



Now our workers who refer people to SNAP know what the program teaches. Plus our staff benefits by getting a healthy lunch!

~Chris Mitchell, Field Operations Manager, Missoula OPA

Holiday Hours for Health Centers

Helena:

Christmas Eve and New Year's Eve  open until noon
CLOSED Christmas Day and New Year's Day

Billings:

Regular hours Christmas Eve and New Year's Eve
CLOSED Christmas Day and New Year's Day

Miles City:

CLOSED Christmas Eve, Christmas Day, and New Year's Day



Good News! More Health Center Providers and Express Care in Helena!

Starting in January there will be a full-time provider for
EXPRESS CARE

(same day appointments)

Monday—Friday 9:00am to 6:00pm
and Saturday 7:30am to 4:30pm

Saturdays the Helena health center will have **THREE providers** available all day from 7:30am to 4:30pm.

If you make ships in a bottle, I bet the thing that really makes your heart sink is when you look in and there at the wheel is Captain Termite. -Jack Handey

We have a brand new way to contact the health centers!

You can use help.montana@carehere.com for help scheduling appointments. This is also the best contact for any questions, concerns, or suggestions for health screenings or the health centers. This email is monitored by CareHere staff located here in Montana.



Montana Health Centers Operated by CareHere

Helena: 405 Saddle Dr; (406) 444-9930;
(406) 502-1355; Fax (406) 206-0304

Billings: 1501 14th St West, Suite 230;
(406) 969-5115; Fax (406) 969-5118

Miles City: 515 Main St; (406) 234-0123;
Fax (406) 234-0278

For live support 24/7 for all health centers
call (877) 423-1330

www.carehere.com
help.montana@carehere.com

Do you have a question about a claim?
Do you want to know if a procedure needs prior
authorization?
Remember you can email Cigna with any questions:

stateofmontana@cigna.com

Cigna will respond
within two business days.



Friendly Reminder: *There's still Time to Complete the Online Cigna Health Assessment*

The health screenings at the health centers are full. If you have already had your health screening in 2013, you still have time to complete the health assessment at www.myCigna.com to get a discount in 2014.

This **2nd step** is required after your health screening to get your health screening discount and your tobacco-free discount in 2014.

You will need your health screening results from www.carehere.com.

The 2nd Step: Fill out Cigna's online Health Assessment *using the numbers from your health screening* by going to www.myCigna.com. Let us know here if you use tobacco. The max discount you can receive is \$40/month (*joint core members may be an exception if they cover dependents age 18 or older*).

Complete the online assessment by 1/6/14!

**You will see your first discount on your
January 22, 2014 paycheck.**



**You must complete BOTH steps to
qualify for any discount in 2014!**

Look at your paycheck on 1/22/14 to
make sure you have your discount.

Life Insurance Update

Did you request life insurance during annual change? You may be required to provide a [medical history statement](#) depending on the type and amount of life insurance you chose. Each year HCBD sends out individual emails to members who need to fill out this [medical history statement](#). If you have not received your email yet, you do not have to wait!

You may go online and complete the [medical history statement](#) now. Then you can delete the email we send. You can also find this form through our website www.benefits.mt.gov by looking under Forms / Publications (available from the top menu bar or toward the bottom of the home page)

VitaMin

Vital health information in a minute

Make your holidays even happier



The holidays bring lots of joy. But they can also bring stress. Here are a few easy ways to keep things happier during your holiday season:

Holiday how-to's

Celebrate the season without the added stress:

Healthy

- Try not to eat or drink too much. Avoid buffets, rich desserts and extra alcohol.
- Stick to your exercise routine. Even a quick 10 minute walk can help you unwind and recharge.
- Simplify meals and celebrations. Big fancy dinners may be traditional, but they're not easy to pull off.

Happy

- Volunteer for a worthy cause. You'll feel good about yourself and help others.
- Talk about happy memories. It's also a good time to reminisce about loved ones who are no longer here.
- Enjoy the company of friends. Try to celebrate with people rather than all alone.

Calm

- Plan ahead. Make lists to keep track of what you need to do, and ask others for help.

- Relax. Take a walk, read for a few minutes or take a long, hot shower.
- Don't expect a perfect holiday. You'll reduce your stress if you lower your expectations.

'Tis the season of spending

During the holidays, it's easy for spending to spin out of control. Try these tips to stay on budget:

- Make a list. Write out what you spent last year on gifts, cards, food and decorations. This is a good starting place for your budget.
- Cash only. Take out just the amount of cash you want to spend and don't use your credit cards. This way, you won't overspend.
- Plan ahead. Make a list and stick to it. Don't let impulse purchases blow your budget.
- Search for sales. You'd be surprised how much you can save by doing a little research ahead of time.
- Get creative. Try giving homemade gifts. They cost less but can be very rich in meaning.

GO YOUSM



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VitaMin

Vital health information in a minute

Peanut butter and chocolate dipped pretzels



Ingredients

- Four ounces semisweet chocolate, chopped
- 1/4 cup creamy peanut butter
- 30 braided honey-wheat pretzel twists

Preparation

1. Line a jelly roll pan with parchment paper.
2. Place chocolate in a small microwave-safe bowl. Microwave at HIGH one minute or until chocolate melts, stirring every 15 seconds. Stir in peanut butter until smooth. Working with one pretzel at a time, dip and roll one end of pretzel in chocolate mixture to coat. Place pretzel on prepared pan. Repeat procedure with remaining pretzels and chocolate mixture. Place in freezer for 30 minutes or until set.

Make-ahead tip:



Dip the pretzels, and store in the fridge on a parchment-lined tray up to five days ahead. Set out shortly before serving, but not too far ahead, as the chocolate may melt.

Nutritional information

Amount per serving

- Calories: 135
- Fat: 6.8g
- Saturated fat: 2.7g
- Monounsaturated fat: 2.2g
- Polyunsaturated fat: 1g
- Protein: 3.2g
- Carbohydrate: 16.7g
- Fiber: 1.4g
- Cholesterol: 0.0mg
- Iron: 0.5mg
- Sodium: 183mg
- Calcium: 3mg

Yield: Serves 10
(serving size: three pretzels)
Total: 45 minutes

Source: Printed with permission of *Cooking Light*, December 2011
Photo: Marcus Nilsson

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