



HCBD Today

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March 2014

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Get Your Health Screening Before August!

This year, it is very important to get your health screening done by August.

Registration for 2014 Health Screenings is open! Schedule NOW.

Last year, we had many members who waited until the fall to get their health screening. This resulted in problems for many of our members. We want to make sure that doesn't happen to you again, but we need YOUR help.

We have scheduled PLENTY of health screening opportunities between now and August.

All employees, retirees, spouses and dependents the age of 18 or over on the State of Montana health plan are eligible for one State of Montana-sponsored health screening per year.

Your first step towards a discount off your 2015 payments is a health screening.*

**More on that soon!*

Appointments are required!

First time? Register at www.carehere.com using the access code **MANA9** (you will only need to enter this code the first time you register).

Already registered? Visit www.carehere.com and use your current login information. Log in and schedule your health screening.

Need help? Directions are here: <http://www.benefits.mt.gov/pages/health.screenings.html>.

For assistance with scheduling/changing/checking a health screening appointment:

CareHere
(877) 423-1330 ~ help.montana@carehere.com

For other questions contact:

Health Care and Benefits Division
(406) 444-7462 - or - (800) 287-8266
TTY (406) 444-1421 ~ benefitsquestions@mt.gov

I have questions...

Don't I have to wait a full year between appointments? No, you get one screening per plan year (a plan year is January – December). It is STRONGLY recommended that you get a State-sponsored health screening before August this year.

Can I register now for a health screening if my appointment is not until July? Yes, absolutely, it is recommended to schedule appointments now no matter when between now and August you choose to go. The appointment system is open starting in January of each year for ANYTIME during the year you want your appointment.

I live or travel near a health center and want my health screening done there. How do I make an appointment? Those going to a health center may make an appointment for any day between now and August. Make the appointment on the "health screening morning schedule."

Why the rush? Last year, we had many members who waited (for one reason or another) until the fall to get their health screening. This resulted in problems for many of our members. Plus this will give you time to do the other things you'll need to do for a discount. More on that soon!

Montana Health Centers: More Options To Serve You!

Miles City: Expanded Hours

Below is the new schedule.

Day	Hours	Provider
Monday	8:00 a.m. – 5:00 p.m.	Randy Holland, PA
Thursday	10:00 a.m. – 3:00 p.m.	Tracy Rausch, MD
Saturday	8:00 a.m. – 5:00 p.m.	Tracy Rausch, MD

For more information on the Montana Health Center and how to schedule appointments: <http://benefits.mt.gov/pages/health.center.html>

Helena: Express Care & Saturday Hours

Starting in January we added 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.

Care Here!

Health Center Services

- Primary care (yearly check up)
- Same day services with appointment (cough, sneeze, ache, pain?)
- Flu shots & other immunizations
- Health screenings
- Health coaching
- Well Child Visits (children age 2 or older)
- Lab Services
- Occupational Services (fit for duty, job-specific physicals, lab tests)

The providers and health coaches support you in a variety of programs.

- Weight management
- Stress management
- Tobacco cessation
- Health coaching
- Diabetes management
- More!

If you are interested, make an appointment to see a provider and discuss your situation today.



Contact Information

Call **(877) 423-1330** for assistance with all three health centers - available 24/7.

Helena Health Center

405 Saddle Dr
Helena, MT 59601
(406) 444-9930 or (406) 502-1355
Fax (406) 206-0304

Helena Hours:

- Mon - Fri 7:00am to 6:00pm
- Sat 7:30am to 4:30pm

Billings Health Center

1501 14th St West, Suite 230
Billings, MT 59102
(406) 969-5115; fax (406) 969-5118

Billings Hours:

- Mon - Fri 7:00am to 6:00pm

Miles City Health Center

515 Main St
Miles City, MT 59301
(406) 234-0123; fax (406) 234-0279

Miles City Hours:

- Mon 8:00am to 5:00 pm
- Thurs 10:00am to 3:00pm
- Saturday 8:00am to 5:00pm

Care Here! State of Montana Health Centers



March is National Nutrition Month.

Visit the Delta Dental SmileWay® Wellness site at mysmileway.com to learn more about how good nutrition can keep your mouth healthy and your smile bright.

Health Screening Schedule for 2014

Appointments are required! See page 1 for details on registering for an appointment.

Date	Time	City	Location
5/1/2014	Deer Lodge	6:30-10:30 AM	DOC Training Center
5/2/2014	Deer Lodge	6:30-10:30 AM	DOC Training Center
5/27/2014	Warm Springs	6:30-10:30 AM	MSH - Program Support Building Rms A&B
5/28/2014	Warm Springs	6:30-10:30 AM	MSH - Program Support Building Rms A&B
5/29/2014	Butte	6:30-10:30 AM	La Quinta Inn
5/30/2014	Butte	6:30-10:30 AM	La Quinta Inn
7/8/2014	Anaconda	6:30-10:30 AM	Fairmont Hot Springs
7/9/2014	Anaconda	6:30-10:30 AM	Fairmont Hot Springs
7/10/2014	Dillon	6:30-10:30 AM	Dillon Armory
9/16/2014	Deer Lodge	6:30-10:30 AM	DOC Training Center
9/17/2014	Deer Lodge	5:30-10:30 AM	Wallace Bldg Lg Classroom - DOC employees only
9/18/2014	Warm Springs	6:30-10:30 AM	MSH - Program Support Building Rms A&B
9/19/2014	Anaconda	6:30-10:30 AM	Fairmont Hot Springs
9/30/2014	Butte	6:30-10:30 AM	La Quinta Inn
10/1/2014	Butte	6:30-10:30 AM	La Quinta Inn
1/1 - 10/31/14	Billings	AM lab schedule	Billings Health Center
3/18/2014	Bozeman	6:30-10:30 AM	Best Western Gran Tree Tamarak Room
3/19/2014	Bozeman	6:30-10:30 AM	Best Western Gran Tree Tamarak Room
3/20/2014	Bozeman	6:30-10:30 AM	Best Western Gran Tree Tamarak Room
7/23/2014	Bozeman	6:30-10:30 AM	Holiday InnExpress & Suites
7/24/2014	Bozeman	6:30-10:30 AM	Holiday InnExpress & Suites
7/25/2014	Bozeman	6:30-10:30 AM	Holiday InnExpress & Suites
10/2/2014	Bozeman	6:30-10:30 AM	Holiday InnExpress & Suites
10/3/2014	Bozeman	6:30-10:30 AM	Holiday InnExpress & Suites
7/22/2014	Livingston	6:30-10:30 AM	Best Western Yellowstone Inn
1/1 - 10/31/14	Helena	AM lab schedule	Helena Health Center
3/21/2014	Boulder	6:30-10:30 AM	MDC Multi-purpose Room
7/11/2014	Boulder	6:30-10:30 AM	MDC Multi-purpose Room
5/13/2014	Wolf Point	6:30-10:30 AM	First Lutheran Church - 415 Johnson St
6/10/2014	Glasgow	6:30-10:30 AM	Cottonwood Inn
6/11/2014	Glasgow	6:00-9:30 AM	Cottonwood Inn
10/29/2014	Glasgow	6:00-9:30 AM	Cottonwood Inn
1/1 - 10/31/14	Miles City	AM lab schedule	Miles City Health Center
5/15/2014	Glendive	6:30-10:30 AM	Comfort Inn
5/16/2014	Glendive	6:30-10:30 AM	Comfort Inn
5/14/2014	Sidney	6:30-10:30 AM	USDA- ARS Meeting Room
10/28/2014	Sidney	6:30-10:30 AM	USDA- ARS Meeting Room

Date	Time	City	Location
4/1/2014	Great Falls	6:30-10:30 AM	School for the Deaf & Blind
4/2/2014	Great Falls	6:30-10:30 AM	School for the Deaf & Blind
4/3/2014	Great Falls	6:30-10:30 AM	School for the Deaf & Blind
6/26/2014	Great Falls	6:30-10:30 AM	Townhouse Inn
6/27/2014	Great Falls	6:30-10:30 AM	Townhouse Inn
9/4/2014	Great Falls	6:30-10:30 AM	Townhouse Inn
9/5/2014	Great Falls	6:30-10:30 AM	Townhouse Inn
10/31/2014	Great Falls	6:30-10:30 AM	Townhouse Inn
6/12/2014	Havre	6:30-10:30 AM	Best Western Great Northern
6/13/2014	Havre	6:30-10:30 AM	Best Western Great Northern
10/30/2014	Havre	6:30-10:30 AM	Best Western Great Northern
6/24/2014	Lewistown	6:30-10:30 AM	Yogo Inn
6/25/2014	Lewistown	6:30-10:30 AM	Yogo Inn
9/3/2014	Lewistown	6:30-10:30 AM	Yogo Inn
4/4/2014	Shelby	6:30-10:30 AM	Marias River Electric Co-op
4/16/2014	Columbia Falls	6:30-10:30 AM	VA Chapel
4/17/2014	Columbia Falls	6:30-10:30 AM	VA Chapel
8/6/2014	Columbia Falls	6:30-10:30 AM	VA Chapel
8/7/2014	Kalispell	6:30-10:30 AM	Hampton Inn - Spring Creek
8/8/2014	Kalispell	6:30-10:30 AM	Hampton Inn - Spring Creek
10/15/2014	Kalispell	6:30-10:30 AM	Hampton Inn - Spring Creek
10/16/2014	Kalispell	6:30-10:30 AM	Hampton Inn - Spring Creek
4/15/2014	Libby	6:30-10:30 AM	Libby City Hall; Ponderosa Room
8/5/2014	Libby	6:30-10:30 AM	Libby City Hall; Ponderosa Room
10/14/2014	Libby	6:30-10:30 AM	Libby City Hall; Ponderosa Room
4/18/2014	Polson	6:30-10:30 AM	Polson Masonic Lodge
10/17/2014	Polson	6:30-10:30 AM	Polson Masonic Lodge
4/29/2014	Missoula	6:30-10:30 AM	Ruby's Inn
4/30/2014	Missoula	6:30-10:30 AM	Ruby's Inn
8/19/2014	Hamilton	6:30-10:30 AM	Bitterroot River Inn; Tammany Room
8/20/2014	Missoula	6:30-10:30 AM	Ruby's Inn
8/21/2014	Missoula	6:30-10:30 AM	Ruby's Inn
8/22/2014	Missoula	6:30-10:30 AM	Ruby's Inn

Cancer is Serious—What Can YOU Do?

Cancer. Most of us don't want to think or talk about it, but most of us know someone who has been diagnosed with cancer. Our topic for this newsletter is important for you, and for the State Plan. A diagnosis of cancer is costly in terms of health care costs, lost wages, travel costs, and the untold impact it has on our families and friends.

Treatment of cancer accounts for an estimated \$25 million dollars or 20% of the health care dollars spent by the State Plan. During the first 9 months of 2013 there were 83 State Plan members treated for cancer accounting for over \$12 million dollars of expenses. Cancer is tremendously expensive to your life, health AND your pocketbook.

What can you do now?

You can help prevent or delay diseases like cancer by taking good care of yourself – another reason to stick to those New Year's resolutions past January! If you want to make this year's resolutions stick, don't forget your resources. Connect with a health coach here: <http://www.benefits.mt.gov/pages/wellness.health.coaching.html>.

Making healthy choices sometimes isn't enough. Cancer is common in Montana and the risk of developing cancer increases with advancing age. **It is important to detect it early.** Unfortunately, many of us are not up-to-date on our cancer screenings. What do you need? Check out: <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/>.



Please take some time to schedule an appointment with the [Montana Health Center](#) or your physician to discuss your health and make sure you are up to date on all your preventive health services, including cancer screenings.

Good news! As a member of the State of Montana Health Plan, you are eligible for preventive screenings with NO out of pocket cost to you when

using the Montana Health Center or an in-network provider. Is today the day you save your life?

- Colonoscopy
- Mammograms
- Pap Test & Pelvic Exam
- Prostate Screening

For a complete listing: <http://www.benefits.mt.gov/pages/preventive.services.html>

What to do if you are Diagnosed



If you have been diagnosed with cancer there is help available.

- Call either the customer service team at Cigna: (855) 692-0131, or the Health Care and Benefits team: (800) 287-8266.
- Investigate the tools and resources available to you as members of the State Plan. Log on to <https://my.cigna.com/web/public/quest>, go to the tab labeled "Manage My Health", select "My Health Programs and Resources", then select "Winning Against Cancer."
- We recommend that you and your physician discuss all the treatment options available to you, including getting a second opinion.

Healthy Bingo and Governor's Stay Active Challenge

Are you looking for fun ways to stay healthy? If so, we are planning some GREAT events for you starting in April.

Healthy Bingo is fun, easy, and for all plan members.

- ◆ Mark off squares as you do the activity listed to get a "Bingo"
- ◆ Return your card to be entered into a drawing for prizes!

Governor's Stay Active Challenge is a fun and easy. Our favorite way to make activity a priority!

- ◆ Program start date has been moved back to late April this year due to popular demand (you do like your "Spring" activity).
- ◆ Track your physical activity in a fun team environment.
- ◆ No out of pocket cost again this year!

Look for details very soon. To take one or both of the challenges

just e-mail: benefitsquestions@mt.gov with your name, e-mail and mailing address.

**Stay
active**
Governor's Stay Active Challenge



Try out the wellness services through Cigna or CareHere: weight management, stress management, tobacco cessation, and much more. Check out the options available to you at: www.myCigna.com or by logging in at www.carehere.com and going to CareHere Connect.



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