



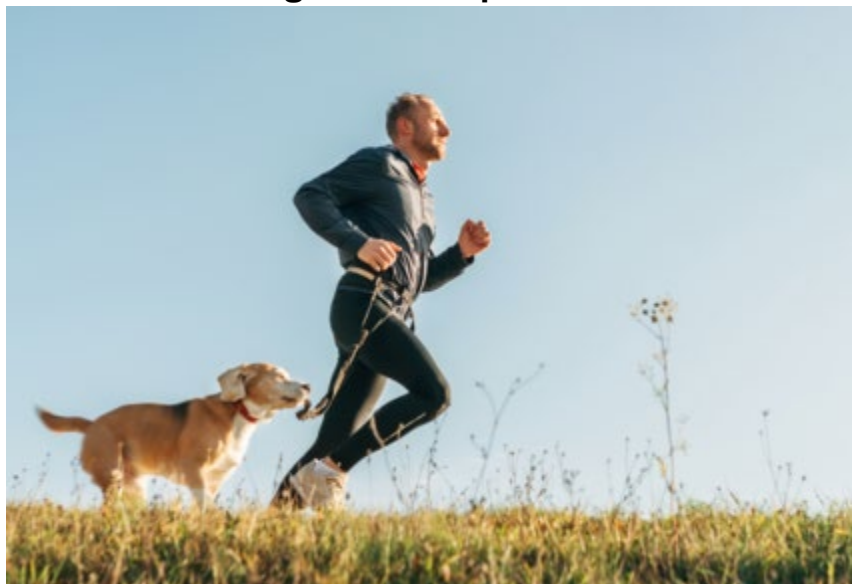
LIVE LIFE WELL PROGRAMS
HEALTH CARE & BENEFITS DIVISION

September 8, 2025

You are Invited!

Join the Step into Autumn Challenge

Registration Open Now



Don't let the change in seasons break your physical activity routine - use it to make it even better! The new **Step into Autumn Challenge** is designed to be an easy way for you to reset and enjoy the transitional nature of the season while keeping active.

Full of inspiration and encouragement to keep moving, the 4-week Challenge is open to all State Plan members and it's free. The Step into Autumn Challenge fits into any schedule and suits any activity level. Participants will also be eligible for weekly and grand prize drawings.

[Sign Up Today](#)

The Challenge runs September 15 - October 12, 2025.

[Click here for more information](#)

How to sign up, how to track steps, types of prizes, and much more.



LIVE LIFE WELL WELLNESS PROGRAM

HEALTH CARE & BENEFITS DIVISION

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

125 N. Roberts St. Room 104 | PO Box 200130 | Helena, MT 59620-0130 |

BenefitsQuestions@mt.gov



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).