



# HEALTH CARE & BENEFITS DIVISION

June 29, 2022

## Understanding Your Benefits - June 2022 2022 Live Life Well Incentive



**Watch this month's presentation** for a quick overview of the 2022 Live Life Well Incentive Program and learn how you could earn \$30 per month off your 2023 State Plan benefit contribution!

To help members better understand their State of Montana Benefit Plan (State Plan) benefits, the Health Care & Benefits Division is providing monthly "Understanding Your Benefits" presentations. These presentations are designed to provide State Plan information regarding specific benefit related topics in short easy to understand videos.

[Check out previous presentations here.](#)

### STATE OF MONTANA HEALTH CARE AND BENEFITS DIVISION

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

100 N. Park Ave. Suite 320 | PO Box 200130 | Helena, MT 59620-0130 | [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)

**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).

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