



July 29, 2024

Healthy Weight Incentive

The State of Montana Benefit Plan Wellness Program, Live Life Well offers a Healthy Weight Incentive to all State Plan members the age of 18 or older.

Members can earn \$200 per plan year if they meet the requirements of the Healthy Weight Incentive. Complete one of the following three eligible evidence-based weight management programs:

- Weight Watchers
- Diabetes Prevention Programs
- Healthy For Life Self-Study Program



Click on the link in the "Resources" section below to learn more.

Requirements to earn the Healthy Weight Incentive:

1. Participate in 1 of the 3 eligible programs for at least 4 months.
2. Engage in regular physical activity.
3. Lose 10% of your starting weight or get to a normal BMI.
4. Fill out and return the Healthy Weight Incentive form for the program you choose along with documentation to the Health Care & Benefits Division.

The State Plan is our plan! Data shows that weight management is the one of the most important issues for us, the plan members. The State Plan supports weight loss efforts with a variety of evidence-based resources.

Resources

[Learn More About the Healthy Weight Incentive \[ymm0dj30.r.us-west-2.awstrack.me\]](https://ymm0dj30.r.us-west-2.awstrack.me)

There is a temporary issue with how website links are displayed. We apologize for any inconvenience and hope to have it resolved soon.

LIVE LIFE WELL WELLNESS PROGRAM

Health Care & Benefits Division

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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](#).