



June 16, 2025

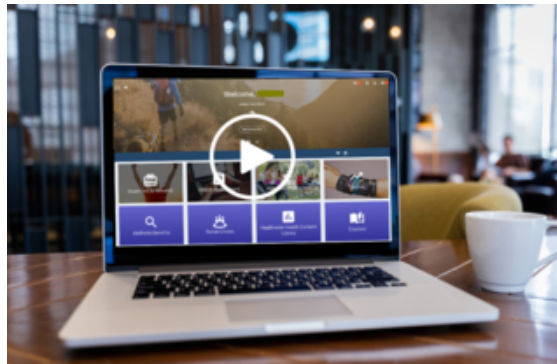
Understanding Your Benefits

## Meet Your New Wellness Portal

### Learn How to Self-report Live Life Well Incentive Activities

The MediKeeper Wellness Portal replaces Sonic Boom as your destination to self-report your [Live Life Well Incentive](#) activities, join wellness challenges, and more.

**The Live Life Well Incentive is increasing to \$60 off your monthly benefit contribution in 2026.**



Watch the video above to learn how to log in, navigate, and get the most out of the MediKeeper Wellness Portal.

### Key Highlights

- How to Register for the MediKeeper Wellness Portal
- Self-Report Your Live Life Well Incentive Activities
- View Your Live Life Well Incentive Status
- Complete a Health Assessment
- Join Wellness Challenges

### Access

1. Go to [benefits.mt.gov](https://benefits.mt.gov).
2. Click **"Report Live Life Well Incentive Activities"** button.
  - If you are on the state network, you will automatically be signed in to the portal.
  - If you are off the state network, you will be prompted to register for an account. When registering, use your name as it appears on your BlueCross and Blue Shield of Montana Medical ID Card.

For details on how to register for an account, the Live Life Well Incentive, and reporting Incentive Activities, go to [benefits.mt.gov/incentive](https://benefits.mt.gov/incentive).

## Questions

If you have questions about the Wellness Portal or need help logging in, contact MediKeeper:

- (888) 721-9231, TTY 711
- [SupportServices@medikeeper.com](mailto:SupportServices@medikeeper.com)
- [LiveLifeWellMT.medikeeper.com](https://LiveLifeWellMT.medikeeper.com)

## STATE OF MONTANA HEALTH CARE & 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 1-866-270-3877 (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](#).