



## HEALTH CARE & BENEFITS DIVISION

August 15, 2024

### UNDERSTANDING YOUR BENEFITS

## HCBD Website Tools and Resources

Learn how to navigate HCBD's website and find the important information you need.

HEALTH CARE & BENEFITS DIVISION

Medical - Prescription - Dental - Vision - Resources - Live Life Well - Enrollment & Claims - Retirees - Life & Accident - Search

**24/7 Nurse Line**  
**(877) 213-2565**  
Registered nurses are on call to answer your health questions and give general health tips 24 hours a day, seven days a week

WORKER'S COMPENSATION MANAGEMENT BUREAU  
MONTANA HEALTH CENTERS

Flexible Spending Accounts | Long-Term Disability | EAP  
Forms | Publications | Claims & Appeals

### Get An In-Depth Overview and Learn How To:

- **Access Vendor Information:** Easily locate contact details for all State Plan vendors.
- **Find Important Forms:** Access key forms for benefit elections, sick leave, wellness programs, and more.
- **Explore Publications:** Find important State Plan documents, including the Wrap Plan Document (WPD), eligibility and coverage information, benefit summaries, and enrollment booklets.
- **Discover Wellness Programs:** Get information on the State Plan's no-cost wellness programs and the Live Life Well Incentive program.
- **Understand Enrollment and Claims:** Learn how to submit claims, complete Open Enrollment, and get details on mid-year changes.

We encourage you to watch the video and explore the many resources available at [benefits.mt.gov](https://benefits.mt.gov).

Watch video: [youtu.be/yQZaik50eKo](https://youtu.be/yQZaik50eKo)

## Monthly Understanding Your Benefits Series

To help members better understand their State of Montana Benefit Plan (State Plan) benefits, the Health Care & Benefits Division provides monthly “Understanding Your Benefits” presentations. These presentations are designed to provide State Plan information regarding specific benefit related topics.

[benefits.mt.gov/resources/member-education](https://benefits.mt.gov/resources/member-education)

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**As always, HCBd is here to help! If you have questions, email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov), or call (800) 287-8266 or TTY (406) 444-1421.**

## 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](https://benefits.mt.gov).