



September 16, 2020

Dear State Plan Member,

The State of Montana Benefit Plan's Live Life Well Wellness Program offers you a wide variety of excellent wellness benefits – but don't assume you know what is available! We hear from many fellow plan members that they didn't even know many of the programs were available and they really wish they had known sooner. Don't delete this email and forget about it! Take a few moments to browse through the wellness benefit offerings available to you right now, so you don't miss out.

Whether you are finding unique challenges related to your physical or mental health due to all the upheaval, are interested in losing weight, are having or considering having a baby, have a chronic condition like diabetes, high blood pressure, asthma, or other concerns - **Live Life Well can help with that, and more!**

Check out a short summary of all the Live Life Well benefits [HERE](#), or visit our website for more information: www.benefits.mt.gov/livelifewell.



Many of these wellness benefits are also eligible Next Step Activities to help you earn the Live Life Well Incentive. To help you earn an Incentive for 2021, eligible activities must be completed and self-reported by October 31, 2020.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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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).