



May 1, 2025

## A Healthier You is Within Reach

**Work with a wellness coach to achieve lasting lifestyle change!**

- Weight Management
- Stress Management
- Nutrition
- Exercise
- Nicotine Cessation
- Work/Life Balance
- Life Satisfaction

**Your wellness coach will help you:**

- Create a wellness vision and individual wellness plan
- Identify motivators and strengths
- Identify potential barriers to the changes you want to make
- Develop strategies to harness your strengths to overcome your barriers
- Facilitate setting short term and long-term areas of focus

[Click Here for More Information](#)

---

### **Montana Health Center Health Coaches**

Available via telephone, video, or in-person (depending on your location and preferences).



#### **Michelle Deitsch, RD, LN**

Michelle is a Registered Dietitian, Licensed Nutritionist, and Certified Health Coach. She has experience in a variety of clinical and non-clinical areas of nutrition, cooking, intuitive eating, and diet management for patients with genetic disorders. Michelle holds a bachelor's degree in Nutrition and Dietetics from Montana State University. She is recognized through the American College of Sports Medicine as a Certified Exercise Physiologist (ACSM EP-C). She takes a common-sense approach to providing support and education on all aspects of wellness.



#### **Jacque Currie**

Jacque is a National Board Certified Health and Wellness Coach as well as a Certified Diabetes Education Specialist. She also holds certifications as an ACE Certified Personal Trainer, Weight Management Specialist, and CDC Lifestyle Coach for the Diabetes Prevention Program. Jacque holds a bachelor's degree in Health and Human Performance from the University of Montana.

Jacque is passionate about helping people be their healthiest, happiest self by making incremental

changes to habits. Jacque enjoys acting as a support and partnering with people on their wellness path.

---

### **Make an Appointment**

Montana Health Centers (operated by Premise Health)

- (855) 200-6822
- [mypremisehealth.com](https://mypremisehealth.com)
- MyPremiseHealth App

## **MONTANA HEALTH CENTERS**

**Anaconda | Butte | Billings | Helena | Missoula**

*Operated by Premise Health*

(855) 200-6822 | [mypremisehealth.com](https://mypremisehealth.com) | [healthcenter.mt.gov](https://healthcenter.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](#).