



January 15, 2025

## Kickstart Your Year with Health Coaching



New Year's Resolutions are so old school. Yeah, we said it. But that doesn't mean that there isn't something you've been thinking of improving in your life.

**Working with a health coach can drastically improve your likelihood of success.**

Montana Health Center Health Coaches are available to State Plan members anytime via video, phone, or in-person (in select locations), with no out-of-pocket cost.

- Cut back on sugar
- Improve your sleep
- Get in shape for a trip
- Any change related to your health

[Click Here for More Information About Health Coaching](#)

## Wellness Events Tailored to Your Group

**Montana Health Center Health Coaches are also available to come talk with your group!**

Have you noticed your group fraying at the edges? Are you dealing with issues related to health within your group, agency, or co-workers?

You can request a health coach to speak with your group at a staff meeting or other event and choose the topic that is meaningful to your group. Presentations can be virtual or in-person (in certain areas). There is no charge for this benefit.

### Request a Class or Presentation

You can request a tailored presentation or training for your group.

Complete an electronic request for a class or presentation tailored to your group's needs at [surveymonkey.com/r/pptrequest](https://surveymonkey.com/r/pptrequest).



**Find out more about Health Coaching and all the wellness benefits available to you.**

Health Care & Benefits Division, Live Life Well  
[benefits.mt.gov/livelifewell](https://benefits.mt.gov/livelifewell)  
[benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov)  
(800) 287-8266

## LIVE LIFE WELL WELLNESS PROGRAM

HEALTH CARE & BENEFITS DIVISION

(406) 444-7462 | TTY (406) 444-1421 | Toll Free (800) 287-8266

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[BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)



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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](#).