



June 17, 2020



Dear State Plan Members,

Health coaching is for you! Do you want to maintain your current lifestyle, work toward a healthy retirement, increase your current fitness level or train for an event, desire support for depression, anxiety or grief, or are you ready for the change you've been putting off? Do you need an activity that can help you earn the [Live Life Well Incentive](#)? Then give health coaching a try.

CareHere health coaches are available to assist you now, over the telephone and in-person in the health centers (COVID-19 guidelines must be observed for all in-person visits).

CareHere's certified health coaches offer you a high level of expertise at no additional out-of-pocket cost. CareHere coaches include registered dietitian nutritionists, exercise specialists, and behavior health coaches.

Make an appointment to talk with a CareHere health coach over the telephone today!

To find [how to make an appointment with a health coach](#) or for more information on the CareHere health coaches: www.healthcenter.mt.gov/Health-Coaching.

You may also call CareHere at (855) 200-6822.

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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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).