



August 4, 2025

Healthy Weight Incentive

The State of Montana Benefit Plan Wellness Program, Live Life Well, offers a Healthy Weight Incentive to all State Plan members the age of 18 or older.

Members can earn \$200 per plan year if they meet the requirements of the Healthy Weight Incentive which includes completing one of the following three eligible evidence-based weight management programs:

- [Weight Watchers](#)
- [Diabetes Prevention Programs](#)
- [Healthy For Life Self-Study Program](#)

[Click Here to Learn More](#)

Requirements to earn the Healthy Weight Incentive:

1. Participate in 1 of the 3 eligible programs for at least 4 months.
2. Engage in regular physical activity.



3. Lose 10% of your starting weight, get to a normal BMI, or maintain a normal BMI.
 4. Fill out and return the Healthy Weight Incentive form for the program you choose along with the required documentation to the Health Care & Benefits Division.
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Frequently Asked Questions

Q: Is there a specific date I have to start to earn the Healthy Weight Incentive?

A: No, you can begin anytime that works for you. Once you have completed all three requirements, then you can submit your incentive application. However, you may only submit one incentive application per plan year (January 1 - December 31).

Q: I am using another program or working with my doctor to lose weight. Am I eligible to earn the incentive?

A: You can still earn the incentive but you do need to complete all three requirements to earn the incentive, including 4 months participating in one of the three eligible programs. The [Healthy For Life Program](#) works well in conjunction with another program.

Q: I already earned the Healthy Weight Incentive. Can I earn it again?

A: Yes, you may earn the Healthy Weight Incentive once per plan year (January 1- December 31) as long as you have met the incentive requirements. You will need to re-do all three requirements including participating in an eligible program for 4 months, losing 10% of your starting weight (whatever that might be - it is not connected to any previous application you may have submitted) or showing a "normal" BMI, and participating in physical activity of your choice.

Q: I started losing weight before I started an eligible program. Can I still earn the incentive?

A: Yes, as long as you complete all the requirements, you do not have to complete all three at the same time. Just complete all three requirements roughly within the year previous to the date you submit your application.

Please note: we understand that it sometimes takes more than a year to meet all the requirements, especially the weight requirement. It is okay to take more than a year to get there. Just submit your application once you have met all three requirements.

Q: I am at a "normal" BMI or don't need to lose 10% of my body weight to get to a normal BMI. Am I eligible to earn the Incentive?

A: Yes, as long as you meet the other program requirements, a normal BMI will satisfy the weight requirement.

LIVE LIFE WELL WELLNESS PROGRAM

HEALTH CARE & BENEFITS DIVISION

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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).