



November 13, 2024

Here's a Holiday Gift for You!

Treat yourself to the gift of self-care by joining us for the Holiday Gift For You Contest!

It's a fun, easy way to support the goals you may already have for this holiday season or to just make the holiday season more enjoyable.



Join the Contest Now

♥ The contest lasts for four weeks, from November 18-December 13.

♥ Each of the four weeks you will focus on a specific self-care technique (or choose your own).

♥ Easy as 1, 2, 3. Sign up, choose an easy daily self-care activity, and report that you did it.

♥ Feel better, be more present (get it?), find more joy - plus earn a chance at great prizes like a Kindle Fire, wireless speakers, wireless ear buds, coolers, and more!

[SIGN UP NOW](#)

Login to your [Sonic Boom account](#). Select the “Join contest” button, and BOOM — you’re ready to go!



Questions? [Sonic Boom Wellness](#)

(877) 766-4208

info@sbwell.com

benefits.mt.gov/Live-Life-Well/Challenges/Holiday-Challenge

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).