



December 19, 2024

Habits in Action, Nicotine Cessation, and more!

Start planning for January by registering now.

Featured Event

Habits in Action - Diabetes Prevention Program

Offered by Premise Health

This lifestyle change program is a year-long program designed for people with prediabetes. It is also designed for people who are at high risk for type 2 diabetes and want to lower their risk.

When: Thursday, January 23, 2025, 12:00 p.m. - 1:00 p.m. - Introductory class, this is a year-long program with 16 weekly sessions and 6 monthly sessions.

Location: Webinar link will be sent to registered participants.

To Register: [Follow the directions here](#) and choose Health Seminar, then Diabetes Prevention Program.

More Upcoming Well-Being Events:

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Nicotine Cessation](#) - January 9, 2025 at 12:00 - 1:00 p.m.
- [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start your personal plan any time!
 - [January Hinge Health webinar: Busting Exercise Myths - Finding Time to Exercise](#). January 8, 2025

Opportunities brought to you by Delta Dental:

- [The Whole Tooth](#) - various days and times
- [Oral Health and Aging](#) - various days and times

Opportunities brought to you by the [State Plan's Employee Assistance Program](#)

- January 8: [EAP Orientation – All Employees](#)
- January 8: [EAP Orientation – Manager Presentation](#)
- January 15: [After the Holidays: Managing That Debt](#)
- January 29: [10 Strategies for Improving Your Finances](#)

Events are open to all eligible State Plan members!

STATE OF MONTANA 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
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