



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

June 25, 2025



Habits In Action - Diabetes Prevention Program

Brought to you by Premise Health

When: Two Session Choices:

Tuesdays, starting July 15, 2025 - 12:00 - 1:00 p.m.

or

Wednesdays starting September 3, 2025 - 12:00 - 1:00 p.m.

Location: Webinar

Habits in Action is a Prevent T2 Lifestyle Change Program. It is a yearlong 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.

Habits in Action is an eligible program to help State Plan members earn the [Healthy Weight Incentive](#)!

[Register Now!](#)

More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Walk With Ease](#) - Begins July 7
- [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start any time!

Delta Dental Webinars & Resources

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

Employee Assistance Program Webinars

- July 9: [Asking for Help](#) - 12-1 p.m.
- July 17: [Basics of Estate Planning](#) - 12-1 p.m.
- July 21: [Preventing Employee Burnout](#) - 10-11 a.m.
- July 23: [Moving Through Grief and Loss](#) - 12-1 p.m.
- July 30: [Counseling and Therapy, Demystified](#) - 12-1 p.m.

The [Employee Assistance Program](#) is available to all State of Montana employees and their household members.

[Get More Information Here](#)

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 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](#).