



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

April 22, 2025



What is Pre-diabetes and What Can I Do About It?

Brought to you by Premise Health

When: Thursday, May 8, 2025 - 12:00 - 1:00 p.m.

Location: Webinar

Learn how diet, exercise, and lifestyle can significantly reduce risks associated with pre-diabetes. Not sure if you are at risk for pre-diabetes or diabetes? [Take this 60-second quiz to assess your risk](#). You do have the power to prevent or delay progression of this condition!

[Register Now!](#)

More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Walk With Ease](#) - Begins May 5
- [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

- May 5: [Emotional First Aid/Resilience](#)
- May 7: [Developing a Growth Mindset](#)
- May 8: [Virtual Coffee with Ann & Kira](#)– Koa Care 360
- May 14: [Managing Worry and Anxiety](#)
- May 22: [Managing Up for Personal Success](#)
- May 28: [Mental Health Awareness](#)

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](#).