



KICKSTART YOUR WELLNESS JOURNEY



State of Montana Benefit Plan Members!

Welcome to Medikeeper, designed with you in mind! Medikeeper replaces Sonic Boom as your destination for all things wellness, including completing & self-reporting your Live Life Well Incentive Activities and much more!



Visit

LiveLifeWellMT.medikeeper.com
or scan the QR code below



Register

- If accessing from inside the State of Montana network, you will automatically be logged in.
- If you are accessing from outside the network, you will need to register.
- *Use your name as it appears on your BCBSMT medical ID card.*



Enjoy

- Self-report Live Life Well Incentive Activities
- Complete your Health Assessment
- Get connected to others with Challenges & Social Circles



LiveLifeWellMT.medikeeper.com



SupportServices@medikeeper.com



Download the Alaveda* app

*Alaveda is the Medikeeper app name