



August 27, 2024

Habits in Action

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: Wednesday, September 4, 2024, 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: Scroll down to the "Resources" section in this email. Click on "Upcoming Wellness Events" then once the page opens, scroll down to this webinar.

More Upcoming Well-Being Events:

- Family Nutrition - September 11, 2024, 12:00 p.m. - 1:00 p.m.
- Breathwork & Physical Well-Being - September 24, 2024, 12:00 p.m. - 1:00 p.m.
- Yoga - Every Friday at 11:30 a.m.
- Hinge Health - Get no-cost help with joint or muscle pain. Start any time!

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:

- September 10: Addressing Employee Performance Issues in a Supportive Way
- September 17: Understanding Depression
- September 24: Resiliency - Bouncing Back After a Setback
- September 25: Suicide Prevention Awareness - Karl Rosston 11:00-12:00
 - Click the **Company Single Sign-On** button to log into Talent
 - Click **Enroll**
 - Once enrolled, be sure to click on the *Teams Meeting: Instructor Led Training* and click **Download Invite** to add to your Outlook calendar.

Events are open to all eligible State Plan members!

Resources

[Upcoming Wellness Events \[links-2.govdelivery.com\]](#)

[Delta Dental Wellness Webinars \[links-2.govdelivery.com\]](#)

[Employee Assistance Program Webinars \[links-2.govdelivery.com\]](#)

There is a temporary issue with how website links are displayed. We apologize for any inconvenience and hope to have it resolved soon.

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).

