



LIVE LIFE WELL PROGRAMS

HEALTH CARE & BENEFITS DIVISION

Upcoming Events

August 21, 2025



Habits In Action - Diabetes Prevention Program

Brought to you by Premise Health

When: 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 September 1
- [Taming Back to School Routines](#) - September 8
- [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start any time!

Delta Dental Webinars & Resources

- [Oral Health and Wellness: The whole "tooth" about a healthy smile](#) - Various dates and times

Employee Assistance Program Webinars

- September 10: [Stress: A Way of Life or a Fact of Life](#)
- September 22: [Emotional Intelligence](#)
- September 25: [Suicide Prevention Awareness](#)
- September 30: [Coping During Uncertain Times](#)

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](#).