



Understanding Your Benefits

February 2021 Edition

February 26, 2021

Dear State of Montana Benefit Plan (State Plan) Members,

To help members better understand their State of Montana Benefit Plan (State Plan) benefits, the Health Care & Benefits Division is excited to announce the roll out of monthly "Understanding Your Benefits" presentations. These presentations are designed to provide State Plan information regarding specific benefit related topics in short easy to understand videos.

This month's presentation, 2021 Live Life Well Incentive Activities, provides details regarding the Montana Health Center and Live Life Well Incentive activities.

Click [here](#) to view video presentation-2021 Live Life Well Incentive Activities.

If you have any additional questions, feel free to reach out to HCBD at (800) 287-8266 or via email at benefitsquestions@mt.gov. Links to all the monthly presentations can be found by clicking [here](#).

Stay tuned for more monthly topics! Or, if you have a topic you feel should be covered, don't hesitate to reach out to HCBD.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

"Like" us on Facebook! <https://www.facebook.com/livelifewellMT/?ref=hl>

Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).