

State of Montana Benefit Plan Wellness Program Benefits



Live Life Well Incentive Program (5.)

Members may earn \$30 if they complete all three activities prior to October 31.



¹Health Screening



*Self-report Nicotine Free Activity

Self-report Eligible Provider Visit



Disease Management Programs

- Hometown MTm Programs (4.)
 - ◇ Asthma Care *Reduced copay on medications*
 - ◇ Diabetes Care *Reduced copay on medications*
- Blood Pressure Management Program (1.) *Free blood pressure cuff and remote monitoring.*
- Allegiance Nurse Health Coaching (2.)
- Health Coaching - Montana Health Center (1.)
- Arthritis Walk With Ease Program (9.)
- Allegiance Complex Case Management (10.)

Disease Prevention Programs

- Health Coaching - Montana Health Center (1.)
- Diabetes Prevention Program (8.) *\$200 incentive every year*
- At-Work Chronic Disease Prevention Program (8.)

Health Coaching

- Health Coaching - MT Health Center (1.) *any issue*
- Allegiance Nurse Health Coaching (2.) *disease management only*
- Your Health Education (Digital Health Coaching) (12.)
- Participating Provider: CDE, nurse, provider, RDN* (5.)

Nicotine Cessation Programs*

- MT Health Center Nicotine Cessation* (1.)
- Montana Quit Line* (6.)
Reduced co-pay on nicotine cessation medications (11.)

Weight Management

- Weight Watchers (5.) *\$200 incentive every year*
- Healthy For Life Self-Study Program (5.) *\$200 incentive every year*
- Health Coaching (see Health Coaching section)

Prenatal/Maternity Benefits

- Allegiance Maternity Management Program (3.) *\$250 if enrolled in 1st trimester; \$125 if enrolled in 2nd trimester and complete the program.*
- Breastfeeding Benefits (5.) *Breast pumps, supplies, lactation consultation.*

Live Life Well Challenges (5.)

- Stay Active Challenge
 - Summer Challenge
 - Holiday Challenge
- Physical activity group challenges open to all members. Prizes for participants.*

Preventive Benefits

- Health Screenings¹ (1.)
- Flu Shots (1.) or (11.)
- Routine Vaccinations (1.) or (11.)
- Cancer Screenings (10.) or FIT tests (1.)

Employee Assistance Program (EAP)

Uprise Health (7.) *6 free visits with a counselor, any issue/ household member. Legal & financial resources.*

Contact Information

1. Montana Health Center (Premise Health): (855) 200-6822
2. Allegiance Nurse Health Coaching: (866) 458-0474
3. Allegiance Maternity Management Program: (877) 792-7827
4. Montana Family Pharmacies: (406) 298-4140 option 1 or info@hometownmtm.com or montanafamilypharmacies.com
5. State of Montana Health Care & Benefits Division: (800) 287-8266 or benefitsquestions@mt.gov or benefits.mt.gov/livelifewell
6. Montana Tobacco Quit Line: (800) QUITNOW
7. Employee Assistance Program (866) 750-0512 or eap@mt.gov
8. Diabetes Prevention or At-Work Chronic Disease Prevention Program: (844) 864-5848 or chronicdiseaseprevention@mt.gov
9. Walk with Ease Program: (406) 444-0959 or walkwithease@mt.gov
10. Allegiance: (855) 999-1057 or inquire@askallegiance.com
11. Navitus: (866) 333-2757
12. MyActiveHealth: www.myactivehealth.com/som

Revised 10-12-21

This is a summary of wellness benefits available to State Plan members. A full list can be found at <http://benefits.mt.gov/Publications>.