

State of Montana Benefit Plan—Live Life Well Wellness Program Benefits

Live Life Well Incentive (4.)

Members may earn \$60 per month off their benefit contributions - deadline is October 31.

1. Health Assessment
2. State-sponsored Health Screening
3. Self-report Nicotine Free or Eligible Alternative
4. Self-report Eligible Provider Visit



Disease Management

- My Health Navigator (3.)
 - ◊ Asthma Care Savings on most asthma medications
 - ◊ Diabetes Care No cost testing supplies and savings on some diabetes medications & CGM sensors.
- Blood Pressure Resources(1.)
- Health Coaching - MT Health Center (1.)
- Walk With Ease Program (8.)
- Hinge Health: For back & joint pain (11.)

Disease Prevention Programs

- Health Coaching - MT Health Center (1.)
- Diabetes Prevention Program (7.) \$200 incentive

Health Coaching

- Health Coaching - MT Health Center (1.) *any issue*
- Participating Provider: CDE, nurse, provider, RDN (2.)

Nicotine Cessation Benefits

- MT Health Center Nicotine Cessation (1.)
- Montana Quit Line (5.)
- Reduced cost on nicotine cessation medications (9.)

Weight Management

- Weight Watchers (4.) \$200 incentive
- Healthy For Life Self-Study Program (4.) \$200 incentive
- Health Coaching (see Health Coaching section)

Prenatal/Maternity Benefits

- Ovia Health mobile apps (2.)
- Breastfeeding Benefits (2.) or (4.) *Breast pumps, supplies, lactation consultation.*

Live Life Well Challenges (10.) or (4.)

- Physical Activity Challenge
- Holiday Challenge
- Healthy Habits Challenge

Group challenges open to all members. Prize drawings.

Preventive Benefits

- Health Screenings (1.)
- Flu/COVID Vaccine (1.), (2.), or (9.)
- Routine Vaccinations (1.) or (9.)
- Cancer Screenings (1.) or (2.)

Employee Assistance Program (EAP)

Administered by Guidance Resources (6.)
6 free visits with a counselor, any issue/household member. Legal & financial resources.

Contact Information

1. Montana Health Center (Premise Health): (855) 200-6822 or healthcenter.mt.gov
2. BlueCross & BlueShield: (888) 901-4989 or bcbsmt.com, register for BlueAccess for Members and click on Wellness
3. My Health Navigator: (406) 780-8018 or info@myhealthnavigator.net or visit myhealthnavigator.net
4. State of Montana Health Care & Benefits Division (HCBD): (800) 287-8266 or BenefitsQuestions@mt.gov or benefits.mt.gov/livelifewell
5. Montana Tobacco Quit Line: (800) QUITNOW
6. Employee Assistance Program: (844) 506-5374 or hr.mt.gov/Programs/Workforce-Wellness
7. Diabetes Prevention Program: (844) 684-5848 or Lorraine.lanes@mt.gov
8. Walk with Ease Program: (406) 444-0959 or walkwitthease@mt.gov
9. Navitus: (866) 333-2757 or navitus.com
10. Medikeeper: (888) 721-9231, supportservices@medikeeper.com, or LiveLifeWellMT.medikeeper.com
11. Hinge Health: (855) 902-2777 or hinge.health/stateofmontana