Diabetes Prevention Programs (DPP)

Healthy Weight Incentive Application Form

Preregistration is not required. Return this form and documentation once you have met the requirements.

1. Policy Holder Information

Policy Holder Name:	Last 4 digits of Social Security:
_____	X X X – X X – ___ ___ ___ ___

2. Member Applying for Incentive

Member Name: _____ Date of Birth:___ ___/___ ___/___ ___ ___ ___

Mailing Address:_____, City_____, State_____, Zip Code _____

Phone Number: (_____)_____

E-mail Address: _____

3. Required Documentation

Please send copies of all documentation, not originals, as they will not be returned to you.

☐ **Weight Loss Record**

Applicants must show a 10% weight loss or a normal BMI at program completion. Documentation must be attached showing weight measurements from a health screening or doctor's office; one from before or at the start of the program and one within 6 months after program completion.

☐ **Program Participation Record**

Applicants must have attended at least 16 program sessions. Documentation could be a signed statement from the group leader, a copy of the weekly log signed by the leader, or a Program Completion certificate.

☐ **Physical Activity Record**

Applicants must show engagement in regular physical activity. Documentation may be a copy of a typical week from an exercise log, gym attendance, or a written and signed statement outlining a typical week's worth of physical activity.

5. Requesting Member, please sign and date:

I certify by signing this form all information on this form and additional documentation provided is true and correct. I understand my request will be denied if I have not attached all required documentation or if I have already received the Diabetes Prevention Program Incentive this plan year. By reporting data for this health action, I am certifying the accuracy of the information provided, agreeing to audits, and have the responsibility to retain proof of all requirements.

Signature: _____ Date: _____

Return to:

Health Care & Benefits Division (HCBD):
Fax: (406) 444-0080; Email: benefitsquestions@mt.gov; OR
Mail: P.O. Box 200130, Helena, MT 59620-0130
Telephone: (800) 287-8266, TTY Hearing Impaired: (406) 444-1421

For Office Use Only:

Member of State Plan: Employee ID: __ __ __ __ __ __	☐ Yes	☐ No
Record showing 10% weight loss	☐ Yes	☐ No
The participant has completed the program or at least 16 of the sessions	☐ Yes	☐ No
Physical Activity Record is attached	☐ Yes	☐ No

Approval Signature: _____ Date: ___

The State Plan offers the incentive program to all enrolled employees (for the purpose of this disclaimer employees includes active employees, retirees, legislators, and primary COBRA participants) and their enrolled spouse/domestic partner. If you choose to participate in the incentive program, you will be asked to complete a voluntary program and provide documentation of meeting the incentive requirements. You will also be asked to obtain voluntary measurements from your health care provider (e.g. BMI). If you choose to participate, you will receive an off-cycle paycheck to the primary plan member, which is subject to taxes. If you are unable to participate in any of the health-related activities of the incentive program, you may qualify for a reasonable accommodation to earn the incentive. To request an accommodation, contact the Health Care & Benefits Division (HCBD) at (800) 287-8266, TTY (406) 444-1421, or email benefitsquestions@mt.gov. The information collected from your health-related activities will be used to determine your eligibility to earn the incentive. We are required by law to maintain the privacy and security of your personally identifiable health information. For more information, review the Plan's Notice of Practices at: benefits.mt.gov/_docs/Resources/Notice-of-Privacy-Practices-10.2024.pdf.

State of Montana 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 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

Language Assistance – General Taglines

State of Montana is required by federal law to provide the following information.

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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-270-3877（TTY：711）。

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-866-270-3877 (TTY:711）まで、お電話にてご連絡ください。

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-866-270-3877 (TTY: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-270-3877 (ATS : 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-866-270-3877 (телетайп: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-866-270-3877 (TTY: 711)번으로 전화해 주십시오.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-668-072-7783 (رقم هاتف الصم والبكم: 117).

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร1-866-270-3877 (TTY: 711).

MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring 1-866-270-3877 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-270-3877 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-866-270-3877 (телетайп: 711).

Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-866-270-3877 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-866-270-3877 (TTY: 711).