



is the State Plan's new Wellness Portal.



## It's a whole new look for wellbeing...

Sonic Boom replaces the MyActiveHealth system you previously used to self-report your Live Life Well Incentive Activities. However, Sonic Boom is more than just self-reporting your Incentive Activities. There are daily challenges and State-sponsored contests, goal trackers, Academy courses, a healthy dose of social accountability and connection, and more!



Scan to learn more information.

Sign up with your Employee ID today (spouses: add an "S" to the end for your EID)!

[som.app.sbwell.com](http://som.app.sbwell.com)

For any questions about the Sonic Boom portal, call (877) 766-4208. For more information about the Live Life Well Incentive, visit [benefits.mt.gov/incentive](http://benefits.mt.gov/incentive). You may also contact Health Care & Benefits Division at [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov) or (800) 287-8266.