

# 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.



State-sponsored Health Screening



Self-report Nicotine Free or Eligible Alternative



Self-report Eligible Provider Visit



### Disease Management Programs

- 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 Management Program (1.) *Free blood pressure cuff and remote monitoring.*
- 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](http://healthcenter.mt.gov)
2. BlueCross & BlueShield: (888) 901-4989 or [bcbsmt.com](http://bcbsmt.com), register for BlueAccess for Members and click on Wellness
3. My Health Navigator: (406) 780-8018 or [info@myhealthnavigator.net](mailto:info@myhealthnavigator.net) or visit [myhealthnavigator.net](http://myhealthnavigator.net)
4. State of Montana Health Care & Benefits Division (HCBD): (800) 287-8266 or [BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov) or [benefits.mt.gov/livelifewell](http://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](http://hr.mt.gov/Programs/Workforce-Wellness)
7. Diabetes Prevention Program: (844) 684-5848 or [Lorraine.lanes@mt.gov](mailto:Lorraine.lanes@mt.gov)
8. Walk with Ease Program: (406) 444-0959 or [walkwithease@mt.gov](mailto:walkwithease@mt.gov)
9. Navitus: (866) 333-2757 or [navitus.com](http://navitus.com)
10. Medikeeper: (888) 721-9231, [supportservices@medikeeper.com](mailto:supportservices@medikeeper.com), or [LiveLifeWellMT.medikeeper.com](http://LiveLifeWellMT.medikeeper.com)
11. Hinge Health: (855) 902-2777 or [hinge.health/stateofmontana](http://hinge.health/stateofmontana)

This is a summary of wellness benefits available to State Plan members. Contact HCBD at (800) 287-8266 or [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov) with any questions.

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Revised 5-21-25