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Are you tough enough to ask for help?

Montanans are tough and proud. We are raised to “suck it up” and “tough it out.” This attitude serves us well when it comes to roughing it while camping or taking on a tough job. But these ideas are also a big part of why Montana has the highest per-capita suicide rate in the nation.

The Facts

According to the Montana Department of Health and Human Services:

- Montana sees 25.9 suicides for every 100,000 residents. That’s about double the national average.
- The youth suicide rate in Montana is nearly three times the national average.
- Montana’s suicide rate has risen almost 40% since 1999.
- More Montanans die from suicide than car accidents.
- Men are four times more likely to die from suicide.
- Firearms account for 62% of suicide deaths in Montana.

What Can You Do?

These statistics are sobering. The good news is, there is help available. We Montanans just need to get better at talking to each other and reaching out and to ask for help!

Crisis Help:

- The Crisis Text Line offers 24/7 access to crisis counselors via text message. To access this service text 'mt' to the number 741-741 and a Crisis Counselor will respond immediately to provide assistance.
- 24/7 Emergency Line – MMIA Employee Assistance Program (EAP) through Reliant Behavioral Health (RBH) – Call 1-866-750-1327 and say, “I need to talk to a counselor immediately.”

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Kicking Nicotine

Making a resolution to quit smoking, chewing, or vaping for the New Year? Your MMIA Employee Benefits are here to help!

Quitting is one of the best ways to reduce risks for heart disease, cancer, and stroke. Quitting will also reduce symptoms like coughing, wheezing, and shortness of breath.

Tobacco Counseling Benefit

The deductible is waived or your copay, if you have one, applies if you see a provider for tobacco cessation counseling for all plans except the high deductible plan. That means you only pay your benefit percentage. On the high deductible plan, you pay out of pocket until you reach your deductible.

Montana Tobacco Quit Line

This no-cost service helps 450 Montanans begin their journey to quit every day! It's available online or over the phone and offers custom quit plans and low or no-cost quit aides.

1-800-QUIT-NOW | www.QuitNowMontana.com



Quit Aides

- Nicotine-Replacement Products like patches, gum, and lozenges – Covered according to your pharmacy benefit.
- Prescription Oral Medication like Zyban (bupropion) or Chantix (varenicline) – Must try an alternative (above) before going to Chantix. Falls in the “Brand – Formulary” of your pharmacy benefit.
 - o Rx Copay Plans - Brand-Formulary Copay
 - o Rx Percentage and High Deductible Plans – Deductible Applies ■

Are you tough enough to ask for help? (cont'd)

Managing Stress, Substance Use, and More:

Mental health conversations often focus on suicide risks and awareness, but it is important to manage your mental health every day, just like you manage your physical health by eating right, exercising, and seeing your doctor. The resources below can help manage everyday stress like family, finances, substance use, and more.

- **MMIA EAP through RBH** – www.myrbh.com (Access Code: MMIA) or 1-866-750-1327
Up to six no-cost in-person counseling sessions per household member, per issue, per year. Other services include financial, mediation, and identity theft services and standard legal forms.
- **Mental Health Benefit** – Mental health services are covered the same way medical services are on all MMIA Health Plans.
 - o **Bridger, Madison, Mission, City of Bozeman, and Whitefish Plans** - The deductible is waived and you pay your benefit percentage.
 - o **High Deductible Plan** – Deductible applies. See EAP above for no-cost counseling access.
 - o **Great Falls and Kalispell** - \$25 copay for office visits.
- **www.Mantherapy.org** – “Life throws you curveballs, sometimes right at your manhood.” Man therapy is there to help!
- **Montana Mental Health Services Bureau** – <https://dphhs.mt.gov/amdd/MentalHealthServices>
Mental Health information and resources
- **National Alliance and Mental Health (NAMI)** – www.nami.org 800-950-6264.

One thing Montanans know how to do more than tough it out is take care of each other. If you feel stressed, depressed, or are just having a hard time, do not wait. Reach out and take advantage of the help available to you. Do it for yourself and to set a good example for your family. ■

GET WELLTHY! Most Frequently Asked Questions

As we all adjust to the changes in this year's wellness program, we know there have been questions. Below we answer the five most frequently asked questions we get at MMIA. For more details about getting your money and when incentives appear in the portal, see the back page of this newsletter or visit www.mmia.net/getwellthy.

How do I...?

- **Get into the Engage wellness portal?**

Log in at <https://portal.healthspective.com/mmia>. Click the "Engage" icon.

- **Make an appointment with a health coach?**

You have until December 31 to complete this activity! Click "Schedule Follow-up" in the Engage with a Get Wellthy Health Coach tile. (You must have gotten an eligible health screening to be eligible for this incentive activity.)

- **Collect my incentives?**

Click "TOTAL INCENTIVES EARNED: \$__" in the top right corner.

- **Set up direct deposit?**

After clicking "TOTAL INCENTIVES EARNED" choose the Direct Deposit tab. We recommend clicking, "Having trouble? Connect a different way." This will allow you to enter your bank account and routing number.

- **Report my immunization or cancer screening?**

If your immunization or cancer screening was billed through your medical benefits, you do not need to do anything. This data will automatically report to the portal in about two months. If you had an immunization somewhere for which a medical claim was not filed, (i.e. A flu shot clinic at your spouses work or the county health department), send clinical documentation of the activity to MMIA. Fax: 406-449-7440. Mail: PO Box 6669 Helena, MT 59604. To send via a secure email, send an email with no attachments to asmietanka@mmia.net Subject: Secure Email Request. You will then receive an encrypted email which you can use to send your documentation securely. ■

Not sure if it's a cold or the flu?

Don't want to drag your kid to the urgent care for that goopy eye?

**Call TelaDoc today!
1-800-835-2362**



From the smallest stress to the biggest emergency, RBH has your back.

Call 1-866-750-1327 or go to www.myrbh.com (access code: MMIA).



RBH
Reliant Behavioral Health



PO Box 6669
Helena, MT 59604-6669
800.635.3089
www.mmia.net

GET WELLTHY – INCENTIVE MONEY FOR THE HOLIDAYS

Questions about the Engage Portal? Call 1-832-201-8500 Option 4.

In years past, participants counted on getting their wellness program gift cards around the holidays. As you know, **MMIA will not be distributing physical gift cards this year.** That means you may need to take action now if you want your money in your bank account in time for Christmas shopping.

Direct Deposit

Direct deposits go to your bank account the first week of the month following when you set it up so if you didn't set up direct deposit by November, you won't be able to get your money as a direct deposit in December. Still want your money in time for holiday shopping? Consider a digital gift card!

Gift Cards

You can choose to get your money in the form of digital gift cards from a variety of vendors. These cards are active as soon as you select them. No Visa gift cards are available.

When will my incentives show up in the Engage Portal?

- **HRA and Video**—This incentive should show up almost immediately.
- **Health Screenings and 80%** —All eligible health screening incentives are loaded. So are incentives for cities/towns that made 80% Employee Participation.
- **Health Coaching Call**—Incentives for engaging with a Get Wellthy health coach load each Monday afternoon. **You have until December 31 to complete this activity!**
- **Immunization or cancer screening**—These can take two months+ to show up. See *“Get Wellthy Most Frequently Asked Questions” (page 2)* to learn if you need to report this activity manually. ■

