

Next Steps Activity

Step-by-Step how to Self-Report

To receive the Next Steps Discount for 2021, everyone who participated in the Walk with Ease program will need to self-report their participation by **Saturday, October 31, 2020**.

NOTE: Everyone must complete the State-sponsored health screening by October 31, 2020 in order to qualify for any other part of the Live Life Well Incentive Program.

How to self-report

How to self-report your Walk with Ease participation to receive the Next Steps Activity.

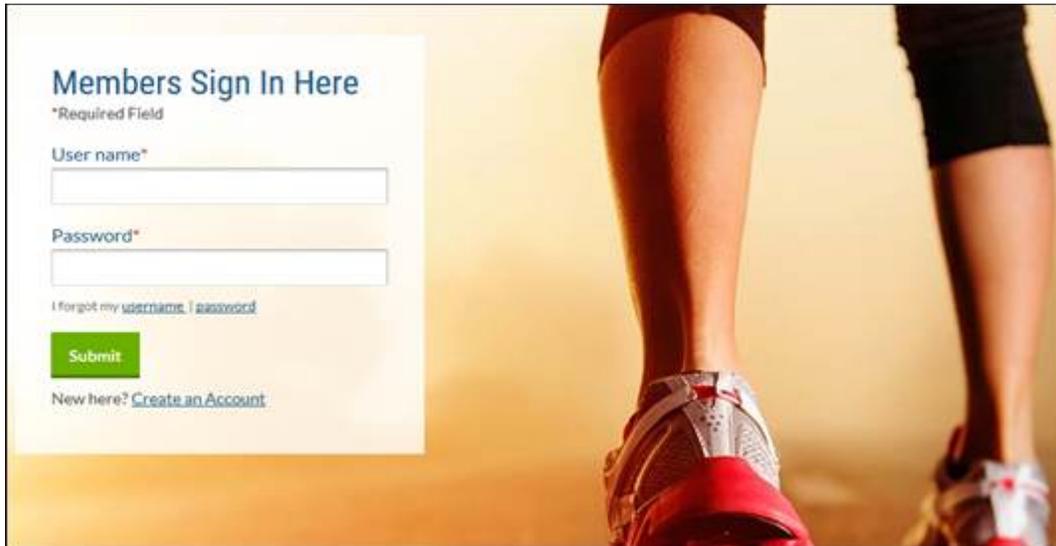
This is a several step process, hang on...

- Go to the [Health Care and Benefits Division](#) webpage.
- You will come to the page shown below, please click on the www.myactivehealth.com/som link.

Report Your Activities

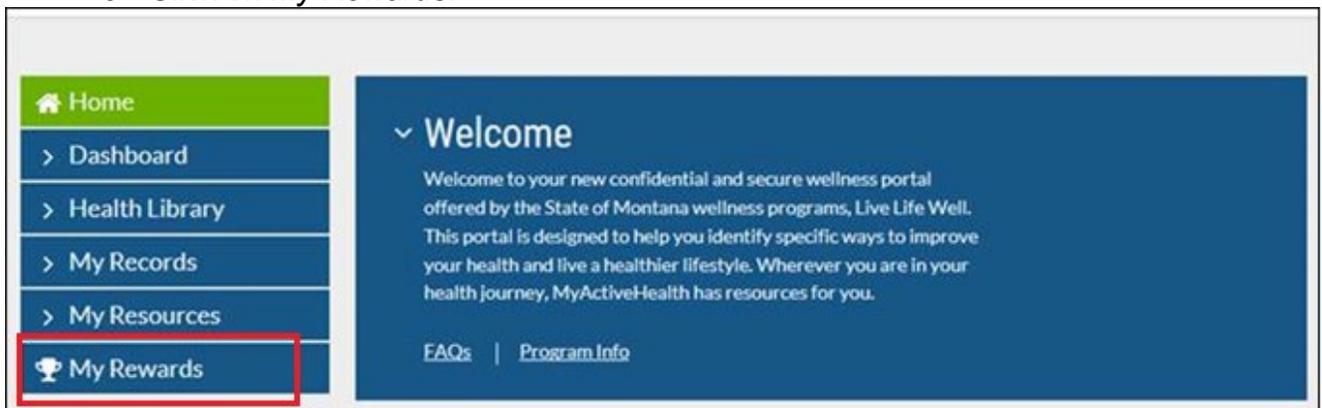
1. Log into www.myactivehealth.com/som
 2. New users, make an account using your personal information exactly as it appears on your Allegiance ID card.
 3. Click the "My Rewards" tab to check and report your 2017 Live Life Well Incentive activities.
 4. Self-report your Next Step and Nicotine Free alternative activities (if applicable) by clicking "Work On It," then click the box next to the activity completed and "Save" at the bottom of the section.
- **Please Note:** Health screenings conducted from November 1, 2016 through current have not yet been loaded into the system. Once the site starts loading the screening information, it can take up to a month for your State-sponsored health screening to show up at www.myactivehealth.com/som.
 - Call **MyActiveHealth at (855) 206-1302** for help with your account or using the website.

- Once you click on the www.myactivehealth.com/som, the sign-in page will appear.
 - You will need to create an account if this is your first time self-reporting your Next Steps Discount.
 - The My Active Health is different than the CareHere Health Center where you make your medical appointments



Login

- When you login the My Active Health, you will come to the page shown below.
- On the left hand side of the screen there is a list of options to click;
 - Click on *My Rewards*.



- After clicking on *My Rewards*, the page below will appear, scroll down to the *Next Step Incentives*.

Live Life Well!

See the sections below to participate in the Live Life Well Incentive Program (only for eligible plan members).

Health Screening Incentive
Required
[Work On It](#) > [Learn More](#)



Nicotine Free or Alternative Incentive

Nicotine Free Incentive
Not Completed
> [Work On It](#) > [Learn More](#)



Complete an eligible activity related to your Health Screening results!

Next Steps Incentive
Not Completed
> [Work On It](#) > [Learn More](#)



- Click on *Work On It*, under the *Next Step Activity* section

- After clicking on *Work On It*, the page will expand, a list of all the Next Step Incentives will appear.
 - About half way down the list you will find the *DPHHS Walk with Ease Program* (the list is not in alphabetical order).

Available Health Actions	Report Activity
Governor's Stay Active Challenge	<input type="checkbox"/>
Other Live Life Well Challenges - Strive for Five, Healthy Bingo, or the Holiday Challenge (Only for those with no At-Risk levels)	<input type="checkbox"/>
HCBD Healthy For Life Self-Study Program	<input type="checkbox"/>
HCBD Recorded Eating Well Webinars	<input type="checkbox"/>
MyActiveHealth Digital Coaching	<input type="checkbox"/>
University of Montana Asthma Control Program	<input type="checkbox"/>
DPHHS Blood Pressure Management Program	<input type="checkbox"/>
DPHHS Walk With Ease Program	<input type="checkbox"/>
DPHHS Diabetes/Heart Disease Prevention Program	<input type="checkbox"/>
Nicotine Cessation Program	<input type="checkbox"/>

- Click on the checkbox next to the Walk with Ease program and then scroll down to click the **Save** button.

Once you have clicked the **Save** button then you will receive the Next Steps Discount for next year. The savings may not show up right away, it may take 24 hours to see your savings updated.

You need to self-report your Next Steps Activity by Saturday, October 31, 2020.

*If you run into any complications please contact the Health Care and Benefits Division at 406-444-7462 or email them at benefitsquestions@mt.gov.