

Montana Health Care Programs MESSENGER

Get Free Support on Your Quit Journey

Did you know? When you obtain a prescription from your healthcare provider, you can get Nicotine Replacement Therapy (i.e., gum, patches or lozenges) and cessation medications at no cost to you. Combining quit medications with counseling can triple your chances of quitting for good. Get free coaching through Quit Now Montana.

Quit Now Montana offers:

- Free personalized quit plans
- Free coaching over online chat or phone
- 8 weeks of free Nicotine Replacement Therapy (Patches, gum or lozenges) or 3 months of Bupropion or Varenicline
- Specialized programs for pregnant women with incentives up to \$220
- Culturally sensitive coaching for American Indian callers with a traditional relationship with tobacco – visit AIquitline.com
- Tailored coaching for those with behavioral health conditions
- Confidential help for youth – visit MyLifeMyQuit.com

Benefits Available through Medicaid:

- 2 covered smoking cessation trials per year
- Free Bupropion and Varenicline (generic form of Chantix) with a prescription from your provider
- Free Nicotine Replacement Therapy (patches, gum, lozenges)



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Seatbelt Safety

Montana's seatbelt usage is lower than the national average

- 75.3% of Montana adults reported always wearing a seatbelt, which is lower than the national average of 90.3%.

Cost Share or Spend Down Phone Payment Options

Did you know you can pay your monthly Cost Share or Spend Down by phone? The Montana Department of Public Health and Human Services is now offering an option to make an electronic payment over the phone as a convenience to our clients.

To pay by phone for the following Services, using credit/debit card or eCheck:

- Medically Needy Cash Option
- Montana Medicaid for Workers with Disabilities Cost Share Fee

To take advantage of this convenience, please have the following information available:

- Month/Year
- Cash Option/Cost Share Fee Due
- Case Number
- Document Number
- Cash Option/Cost Share Fee Number



To make a payment, dial Toll Free: 1-800-755-6672

Hours of operation are Monday through Friday, 8:00AM to 5:00PM

SSI Related and Medicare Savings Program

SSI Medicaid

Recipients of Supplemental Security Income (SSI) or State Supplemental Payments are automatically eligible for Medicaid. An application for SSI is also an application for Medicaid.

Contact the Social Security Administration (SSA) to apply for Supplemental Security Income if you are disabled.

If SSA determines you are eligible for SSI payments, your state Medicaid agency can determine your Medicaid eligibility.

Qualified Medicare Beneficiary (QMB) Program

The QMB program helps low-income Medicare beneficiaries by paying Medicare Part A and/or Part B premiums. In addition, it may cover your Medicare deductibles, coinsurance, and copayments.

There are income and resource limits for this program.

If you are eligible for SSI related payments, the income and resource limits are waived and you are automatically eligible.



Seatbelt Safety Continued

Seatbelts are a highly effective way to save lives and Montana money:

- Seatbelt use is the single most effective way to protect occupants from being ejected or from being violently tossed around inside the vehicle during a crash.
- Montana Department of Transportation reported that out of 73 fatalities due to ejection in 2020, 67 were not wearing a seatbelt (92%).
- In Montana, a 10% point increase in seatbelt use could save over \$4.2 million in lifetime medical costs and \$1.1 million annually for state government insurance payers (Medicaid, Worker Compensation).

We need your help to increase seatbelt use in Montana. Stay up-to-date with the latest data, talk with others about this issue and help reinforce the norm that seatbelts are important and save lives.

Montana's Plan First Waiver

What is Plan First?

Plan First is a Section 1115 Waiver approved by Centers for Medicare and Medicaid (CMS) and can serve up to 4,000 eligible women per year. This program is administered by the Department of Public Health and Human Services. Plan First is a program providing family planning and related services for women who do not qualify for Medicaid. Plan First was implemented to ensure access to and utilization of family planning or related services for eligible individuals not otherwise eligible for Medicaid. Plan First aims to improve or maintain healthy outcomes for the target population as a result of these services including fewer unintended pregnancies or births and improved health outcomes and women's health by increasing the child spacing interval.

Who is eligible?

1. Montana Women ages 19 through 44;
2. Women who are not eligible for other Medicaid benefits;
3. Women who are able to become pregnant but are not currently pregnant; and
4. Women earning a household income up to 211% of the Federal Poverty Level (FPL).

What is covered?

Family Planning services and supplies are limited to services and supplies with the primary purpose of family planning and are provided in a family planning or other medical setting.

Family planning related services and supplies are services provided as part of, or as follow up to, a family planning visit. Such services are provided because a family planning related problem was identified and/or diagnosed during a routine or periodic family planning visit.

If you have any questions, you can visit the website at [Plan First](#) or contact the Office of Public Assistance (OPA) Helpline for eligibility at [Montana DPHHS - SNAP, TANF, LIHEAP and Health Coverage Assistance Application](#) or 1-888-706-1535.



Station MD Services Are Coming to Montana

StationMD is a physician service specifically for individuals with intellectual and/or developmental disabilities (I/DD). StationMD physicians are trained to work with individuals with I/DD. The StationMD physicians treat patients through a secure telemedicine platform. The goal of StationMD is to resolve medical issues without the patient needing to leave the comfort and security of their home setting.

StationMD can be contacted for any medical question or concern; from urgent medical issues such as fever, cough, moderate pains, and minor behavioral issues to non-urgent issues such as medication refills. StationMD physicians can also coordinate with the patient's primary care provider and conduct follow-up activities, if needed.

The Developmental Disabilities Program (DDP) is piloting StationMD services for approximately 900 Montanans who are receiving DDP services. All StationMD physicians providing services to Montanans are licensed to practice in Montana. The pilot is expected to kick off before the end of the 2024.

For more information please visit [Home - StationMD](#) or contact the Developmental Disabilities Program at 406-444-2995.

Key Contacts

Montana Healthcare Programs/Medicaid/ HMK *Plus* Member Help Line

For questions regarding benefits or Passport to Health:

1-800-362-8312

MT Healthcare Programs

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

MT PUBLIC ASSISTANCE

Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

1-800-292-7114.