

Contact us to sign up!

When you sign up, our Linkage Coordinator is the person who will reach out to you. Erin is excited to help with your health and wellness goals and connect you to resources.



Email Address:  
[Linkages@mt.gov](mailto:Linkages@mt.gov)



Call: 406-444-1278



### How it works:

- Sign up for a Linkage Wellness Workshop.
- Meet with our Linkage Coordinator. You will talk about your health, what you know about health, and what your health goals are.
- They will help you find resources to meet your goals.
- They will check in with you to make sure your needs are being met.



# Linkage Wellness Workshops

FREE

*Linking people to  
better health.*



MONTANA  
**DISABILITY &  
HEALTH PROGRAM**



What's in it for you?

# Learn ways to be healthier!

- Talk about regular health care and screenings that are important for YOU!
- Set a health goal and make a plan to meet it.
- Get support to connect with health services and resources in your community.
- Receive up to \$50 for completing two sessions with your Linkage Coordinator.



## Who can Participate?

In order to be part of this program, you must:

- ✓ Have a disability (includes learning disabilities, etc)
- ✓ be 18+ years old
- ✓ Live in Montana

Why did we create the Linkage program?

**Adults with disabilities sometimes have worse mental health, physical health, and chronic condition outcomes compared to adults without disabilities.**

The most common problems are:

- healthcare providers not understanding disabilities
- being denied appointments
- physical inaccessibility of buildings and places
- inaccessibility of equipment like exam tables
- inadequate insurance coverage
- lack of transportation

Our job is to help with these problems so you can just focus on your health!

