

2026 MMIA EMPLOYEE BENEFITS

FEATURE PRESENTATION

WELLNESS

EARN UP TO \$200 IN INCENTIVES

Helena-area
HEALTH PLAN PARTICIPANTS

View on-site screening
locations and dates below!

MONTANA HEALTH CENTER

405 Saddle Dr., Helena

ANY TIME JULY 1 - SEPTEMBER 30

SCHEDULE YOUR SCREENING

- 1) Log into www.mypremisehealth.com or click "Sign up now" to create an account.
- 2) Click "Schedule an Appointment."
- 3) Choose the "Biometrics Screening."
- 4) Choose "Helena Montana Health Center."
- 5) Select a date/time between July 1-September 30. Keep in mind when you schedule, you should be fasting for the screening so you may want to choose an early morning appointment.
- 6) Follow the prompts to verify and schedule your appointment.

If you are having difficulties, please
call MMIA Employee Benefits
at **800-635-3089 option 4**

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BONUS FEATURE

If 80% of City of Helena eligible employees get a Health Screening, everyone screened earns another \$50

Visit www.mmiaeb.net/wellness for more Wellness Program details