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YOUR WELLNESS STEPS TODAY****MEDICARE PART D NOTICE**

MEET THE TEAM

Your MMIA Employee Benefits (EB) team is here to help. Whether you need help understanding your coverage, navigating a claim, or preparing for enrollment, we're just a phone call or email away. We're located in Helena, and when you have a question about your benefits, you'll reach one of us.



From left to right:

Chris Beskid
Interim Program Manager

Nikki Willoughby
Enrollment and Eligibility Specialist

Alex Smietanka
Member Relations Strategist

Priscilla Ellis
Member Relations Strategist

When in doubt, give us a call. We'd rather hear from you early than have an issue go unresolved. Our team can help direct you to the correct vendor contacts for your questions or explore complicated, challenging issues on your behalf.

EB Contact Information:

(406) 443-0907 option 4 | ebgroup@mmia.net

LIFE HAPPENS. SUPPORT HELPS.

Unlocking One of Your Most Valuable Benefits

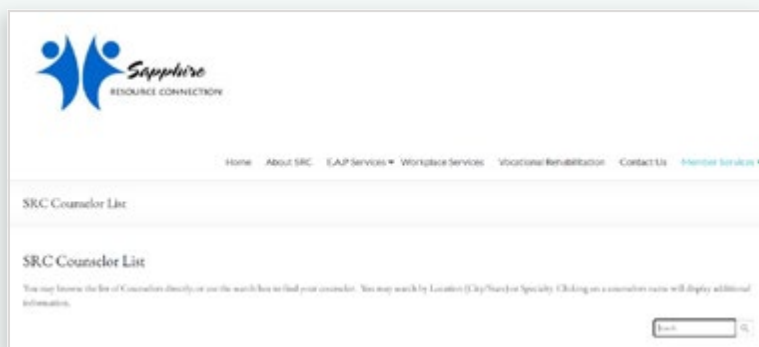
Mental health is an important part of your overall wellbeing, and we want to ensure that help is available whenever you and your family need it. MMIA offers a variety of confidential resources designed to make accessing support simple, convenient, and affordable.

Employee Assistance Program (EAP)

Through our Employee Assistance Program (EAP) with Sapphire Resource Connection, eligible employees and their household members (regardless of whether those household members are covered under MMIA's medical benefits) can access professional counseling services at no cost. Sapphire provides up to six counseling visits per issue, per year, giving you access to confidential support for a wide range of personal and life challenges.

To get started:

1. Visit the Sapphire Connection website (www.sr-connection.com).
2. Search for a provider that meets your needs.



3. Let the provider know you have Sapphire EAP with MMIA.
4. Schedule your appointment and begin services.

Additional Counseling Options

If you prefer a counselor not available with Sapphire, you can also visit with a counselor within Allegiance's provider network. In these cases, your medical plan benefits will apply according to your coverage.

Explore More Mental Health Resources

MMIA offers a comprehensive collection of mental health and wellness resources to support employees and their families. Learn more about our mental health resources at mmiaeb.net/mental-health.

If you have questions or would like assistance navigating your options, please reach out to the Employee Benefits team at ebgroup@mmia.net. We are committed to helping make access to mental health resources as simple and stress-free as possible.



FINISH STRONG:

COMPLETE YOUR WELLNESS STEPS TODAY

The finish line is within sight! Don't worry, you can still sprint to earn your incentives. ***But how?***

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- Take the Education quiz on our website by September 30. There's no video this year; you just need to complete the short quiz. It will only take you 10 or 15 minutes.
 - You may still be able to complete a health screening. Check our website for the remaining It Starts With Me screenings for this month, and sign up for one near you. If you can visit a Montana Health Center (Anaconda, Butte, Billings, or Missoula), you can schedule a screening at one of those locations and complete before September 30.
 - If you've already had your screening, be sure to get a Health Screening Review call completed by November 6. This can be scheduled through our Wellness Program website (mmiaeb.net/wellness).

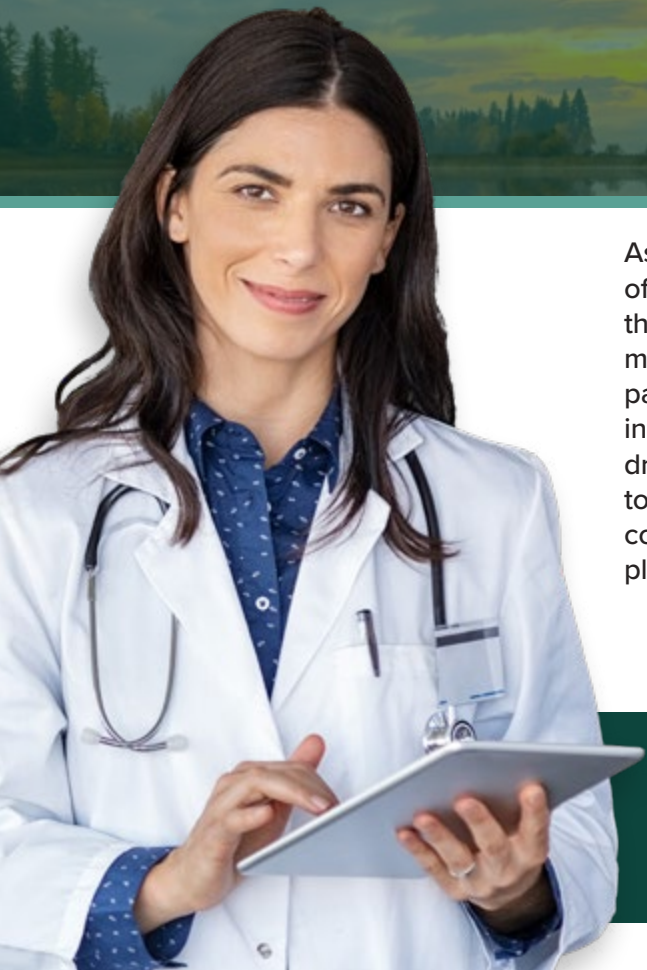
**Each of these steps is worth a \$50 incentive.
Don't leave money on the table! You'll be
grateful when those incentives arrive by the
end of the year.**

Note: You must be enrolled on an MMIA medical plan at the time incentives are distributed to the cities/ towns. If you are not enrolled, you are not eligible to collect incentives, even if you were enrolled at the time of participation.



3115 McHugh Lane
Helena, MT 59602
800.635.3089 ext. 4
www.mmiaeb.net

MEDICARE PART D NOTICE



As your medical plan administrator, MMIA is required to notify participants of the Medicare Credible Coverage Disclosure. This notice informs you that the MMIA drug coverage plans we currently offer are credible. This means the MMIA prescription drug coverage is, on average, expected to pay out as much as standard Medicare prescription drug plans pay. This information can help you decide whether you want to join a Medicare drug plan. It is important to compare costs amongst Medicare drug plans to make sure you are receiving the best benefit at the most affordable cost. And remember that the MMIA sponsored Medicare Advantage plans include prescription coverage as an option for your consideration.

**More information about those plans is available at
www.mmiaeb.net/retirees.**

Please visit the Notices page on our website at
www.mmiaeb.net/forms/notices to access this
notice or call us at **1-800-635-3089 option 4** to
request a copy by mail.