

## WELCOME TO THE MONTANA HEALTH CENTERS

CareHere's health & wellness centers offer acute care, chronic disease management, and wellness, as part of a robust primary care offering. In this setting, our clinicians can typically provide 80 - 85% of all care that a given patient may need. For the services that we are unable to offer at the Montana Health Centers, patients will be referred to specialty providers within the area and respective health plan. Access to the Montana Health Centers is provided to members covered under the health plans of the State of Montana (SOM), Montana Municipal Interlocal Authority (MMIA), Montana Unified School Trust (MUST), and Montana University System (MUS)\*. Members covered under these employer sponsored health plans may include employees, spouses, non-Medicare eligible retirees, and dependents (typically 2 years and older).

\*MUS Plan members may utilize the Helena Health Center only.

## BENEFITS

**Lower Healthcare Costs** - No deductible & no co-pays\* results in \$0 Patient Out-of-Pocket Costs!

\*Members covered under an HSA plan may have to pay a copay for non-routine services.

**More One-on-One Time with the Provider** - Short or no wait & minimum 20 minute appointments.

**Privacy & Security** - CareHere won't share your records with your employer or anyone else without your direction. CareHere enforces the highest industry standard for record and data security.

**On-going Support** - Telephonic Health Coaching, Online Wellness Portal, and 24/7 Nurse Advice Line through CareHere Connect 2.0. Log in to your CareHere account at CareHere.com, click CareHere 2.0 from the left navigation bar.

## MORE INFORMATION

Visit [www.healthcenter.mt.gov](http://www.healthcenter.mt.gov) for Health Center locations, hours, provider biographies, and more. You can email [help.montana@carehere.com](mailto:help.montana@carehere.com) for help with contacting the health centers/providers with questions about the services available, medication refills, appointment requests, etc.

*CareHere!*

5141 Virginia Way, Suite 350  
Brentwood, TN 37027



ANACONDA | BILLINGS | BUTTE  
HELENA | MISSOULA

855.200.6822

**INSPIRING HEALTHIER FUTURES**

## OUR PRIMARY CARE SERVICES

### Acute Care

- Colds, Flu, & Infections
- Minor Stitches
- Strains & Sprains
- Wound Care

### Chronic Disease Management

- Asthma
- Cardiovascular Disease
- Chronic Kidney Disease
- Chronic Stress
- Pre-Diabetes & Diabetes
- Gastroesophageal Reflux Disease
- High Blood Pressure
- High Cholesterol
- Specialized Diets (i.e. Celiac & Crohn's disease)
- Tobacco Cessation

### Blood Work & Labs

- Annual Health Screenings
- Biopsies
- Diagnostic

### Health Coaching Services (A variety of Wellness Plans available)

- Face-to-Face
- Group Meetings
- Telephonic

### Routine/Wellness

- Flu Shots & Other Vaccinations
- School Physicals
- Sport Physicals
- Skin Checks
- Well-Child Checkup 2+
- Well-Male Exams
- Well-Women Exams
- Wellness Programs

### Medication Refills

### X-RAY & Radiology Referrals

### Additional Services Available

## PRIVACY

Your records are confidential. Your CareHere medical records are private and protected by the Health Insurance Portability and Accountability Act (HIPAA) and will never be shared with your employer or anyone else without your permission.

## GET REGISTERED

Each eligible family member must be registered separately by following these steps.

1. Go to **CareHere.com/Register** & click **Member Login**
2. Enter your **Access Code** (Please contact your employer if you do not know your access code.)
3. Provide responses to all of the questions on the short health questionnaire, including Contact Data and Health and Behavioral Data.

## SCHEDULE AN APPOINTMENT

Once you register, schedule an appointment by calling 855.200.6822 or follow these steps.

1. Go to CareHere.com and click **Member Login**
2. Enter your **Username** and **Password** and click **Login**
3. Click on **Appointments** in the green navigation bar on the left-hand side of the screen. Choose what type of appointment you need to schedule.  
**Medical:** Sick visits, primary care, medication refills, physicals  
**Nurse & Labs:** Blood work, vaccinations, blood pressure checks  
**Health Coaching:** Coach meeting, complete Plan of Care, classes
4. Let us know **When** you would like your appointment. You can also filter available slots with the **Where** and **Who** dropdowns.  
**Where:** Choose which location you would like to visit  
**Who:** If you'd like to see a specific provider
5. Click **Get Appointments** & then choose an appointment time by clicking **Make Appointment.**
6. Type your symptoms, reason for appointment, or comments. If you'd like a reminder about your visit, choose text, e-mail or both. Then click **Confirm Your Appointment.**



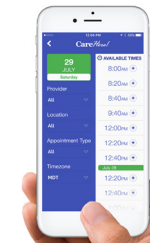
## A HEALTHIER FUTURE WITH THE CAREHERE WELLNESS TEAM

CareHere wants you and your family to achieve health and wellness. The CareHere Wellness Team of experts are ready to help you with step-by-step individualized plans of action.

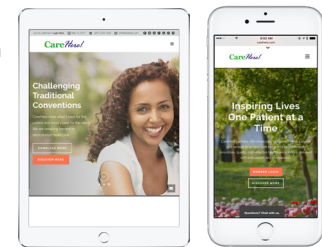
- Wellness Plans customized for your personal stage of change, learning style and clinical values are available in exercise, tobacco cessation, health maintenance, diabetes, cholesterol management, and more.
- CareHere Certified Health Coaches use proven techniques for positive outcomes and sustainable change. They'll encourage you and monitor behavior changes.

## MOBILE SCHEDULING OPTIONS

After your initial account creation via computer, you can schedule an appointment by logging into your account with your smartphone, tablet or computer at CareHere.com.



You can also make appointments using the CareHere App. It's free. Find it by searching "CareHere" in your App stores.



855.200.6822 • CareHere.com • CareHere App