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HEALTH PROFESSIONS OF
MONTANA PLAN & TRUST

The Heartbeat of Growth

A letter from the Chairman of the Board:

Over the years the Montana Medical Association Health Care Plan & Trust has grown to serve Montana professional in virtually ALL health care fields. In recognition of this growth, the Board of Trustees unanimously agreed that our name should now reflect this commitment to providing health insurance for all Montana health care professionals. Going forward, therefore, we will be known as the **Health Professions of Montana Plan & Trust (HPMPT)**.

While our name has changed, our commitment to you has not. Our mission and vision remain the same as they were in 2008 when we opened the doors; to provide reliable, cost-effective health benefits and superior service to employer groups who share the common purposes of extending health knowledge, advancing medical science, improving the quality of health care and the health of our citizens, elevating the standards of medical education, advocacy for the prevention and cure of disease, and enhancing the quality and comfort of life. We will maintain these high principles as we continue to serve the health professions in our great state of Montana.

While we are very excited about our new name, we continue to strongly believe in the good work of the Montana Medical Association as they continue to advocate for, educate, and promote medical professionals in Montana. We encourage you to reach out to them and take an active role in supporting their mission, vision, and activities through their website at www.mmaoffice.org.

Sincerely,

J. Bruce Robertson, M.D.
Chairman of the Board of Trustees

Contact Us

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Account Executive

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Montana Plan & Trust**

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Don't Forget!

Our website is

www.hpmpt.org

You can find information about our plans and programs as well as forms for making plan changes, submitting manual claims, or participating in the wellness program.



HEALTH PROFESSIONS OF
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BIG NEWS!!

THM Deductible credit increase from \$100 to \$300!



The HPM Health Plan Board of Directors recently voted to increase the amount of deductible credit for the wellness program, Total Health Management (THM)! Any member, or their covered spouse, who participates in the THM program will receive a **\$300** credit on their 2022 deductible. The HPM Health Plan is committed to wellness and prevention for our members, and we hope that everyone will participate in this outstanding program! Please visit our website at www.hpmpt.org/preventive-and-wellness for more information and forms.



Heart Disease Risk

Heart disease is a killer. In fact, it is the number one killer of Americans. One of the biggest risk factors leading to heart disease is physical inactivity. Here are five tips to help you get moving:

- You do not need a gym membership. Shoot for at least 2 and ½ hours per week of moderate aerobic activity, at least 10 minutes at a time.
- Incorporate activities that you enjoy into your exercise, such as gardening, dancing, or playing with your dog.
- Use an online program or a local activity to get moving.
- Exercise in a group or on your own, whatever works for you.
- Set goals and find a way to stick to them.
- If you get bored, find another activity to inspire you!

Following these tips and getting active may reduce your chance of developing heart disease. In addition, you will feel energized, reduce stress, and gain confidence!

Did you know?



The HPM Health Plan sends our Summary Plan Document annually to all members. You should have received this important document in the mail recently. In addition, you should have received your new cards from the HPM Health Plan and BCBSMT. If you have any questions or if you have not received your SPD or cards, please contact Marcia Ellermeyer.

**The HPM Health Plan is dedicated to serving professionals in the
healthcare industry**