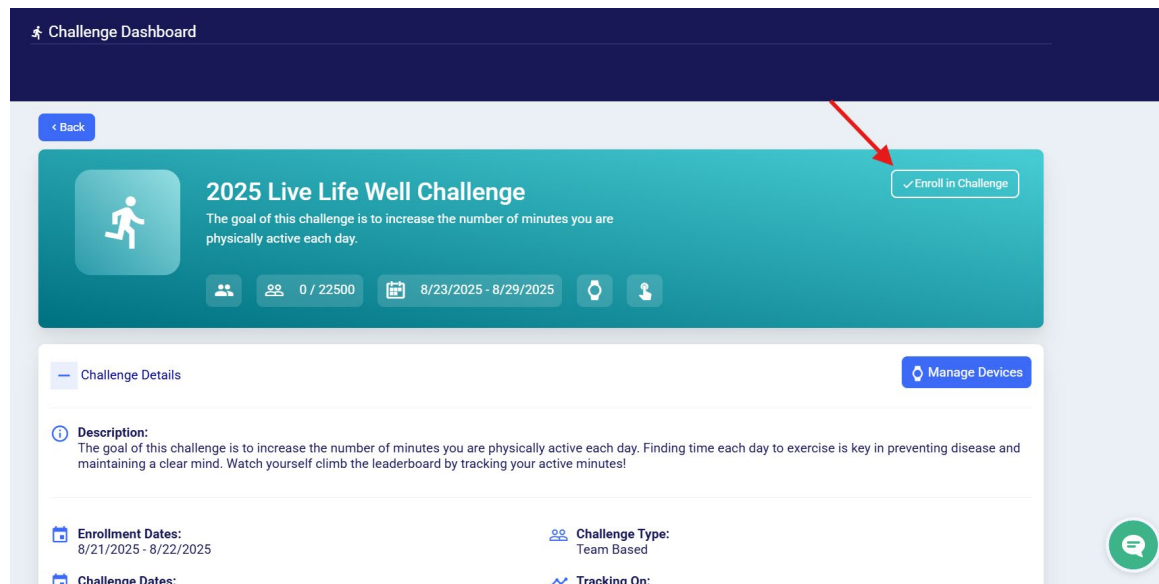


The State Park Challenge Registration, Prize Entry, & FAQs

The Challenge is for ALL members of the State of Montana Benefit Plan (State Plan).

Registration Instructions

1. Visit LiveLifeWellMT.medikeeper.com and log in.
2. Once you have logged in, click “Wellness Challenges,” then select The State Park Challenge.
3. Click “Enroll in Challenge.” The button will change to “Leave Challenge” instead of “Enroll in Challenge.” Once the Challenge begins, the “Leave Challenge” button will disappear. Contact MediKeeper if you need to leave the Challenge after it begins.



4. After registering for the Challenge, please make sure your email is correct on the MediKeeper Wellness Portal and that you are allowing MediKeeper to send you notifications. This is the primary way we will involve you in the Challenge. If you do not have an updated email, you will not receive emails during the Challenge with updates, motivation, ideas, and prize winners.
 - To update your email preferences, log into MediKeeper then click on “My Account.”

Visit Montana State Parks – Take a Picture – Enter for Prizes

Find a Montana State Park

<https://fwp.mt.gov/stateparks>

Enter for Prizes

Submit your photos starting on June 29, 2026.

1. Visit the challenge web page or log into the Alaveda (MediKeeper) app.
2. Once a week during the Challenge, you will be presented with a pop up question that asks what State Park you have visited.
3. Enter the name of the Montana State Park (or Parks) you visited and click “Submit.”
4. Scroll down to the “challenge wall” (group chat) and add a picture of you in front of the Montana State Park (or Parks) sign(s).
5. That’s it!

Frequently Asked Questions

Q: Can I enter multiple times using the same State Park?

A: No, you can only enter once per Montana State Park visited. But you can enter for as many different Montana State Parks as you visit!

Q: Do I have to enter every week?

A: No, your prize entry will continue to be in the drawing until you win a prize on that entry or the challenge ends. **Posting more photos = a better chance to win prizes!**

Q: What kind of prizes are there?

A: Choose from cool prizes like a Kindle Fire, wireless ear buds, Bluetooth speakers and more.

Q: Does it have to be a Montana State Park? Do national, county, other state or city parks count?

A: Only Montana State Parks are eligible for prize entry. National Parks (like Yellowstone and Glacier), other state parks, county and/or city parks are not eligible for this challenge.

Q: I don't live anywhere near a Montana State Park. How do I participate?

A: As we all know, Montana is a big state and many people do not live close to a Montana State Park. That is part of the challenge – getting there! Summer is a great time for road trips, camping, hiking – include a Montana State Park in your travel plans. Check out the map and plan your adventure:

<https://fwp.mt.gov/stateparks>.

Q: Is there a fee to visit Montana State Parks?

A: Montana residents who pay the \$9 state parks fee with their annual vehicle registration have no daily entrance fees to state parks. For residents who don't include this in their vehicle registration, non-resident day use fees apply.

Q: What kind of recreational activities are there to do once I get to a State Park?

A: Examples of activities to do at State Parks include hiking, camping, kayaking, bird watching, learning about Montana's history, and much, much more. Check out <https://fwp.mt.gov/activities> for more ideas specific to the park you'd like to visit.

More Information

MediKeeper Wellness Portal Questions

Web: LiveLifeWellMT@medikeeper.com

Telephone: (888) 721-9231

Email: SupportServices@medikeeper.com

General State Park Challenge Questions

Health Care & Benefits Division

doa.mt.gov/HCBD/live-life-well/challenges

Telephone: (800) 287-8266

Email: benefitsquestions@mt.gov