



FOR IMMEDIATE RELEASE

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Health Education TV Show Celebrates Second Season

(Helena, Mont.) – Mountain-Pacific Quality Health is proud to announce its health education show will be moving into its second season starting April 1, 2018.

The weekly program, called *Healthy Living for Life*, educates Montana and northern Wyoming viewers about how they can become active participants in today's ever-changing health care climate. While the show is geared toward seniors and their caregivers, it covers a wide range of topics that appeal to a broader audience.

“The first season was a big success,” said Sara Medley, Mountain-Pacific’s CEO. “Our ratings have been good, but what is really demonstrative of our success is having people come up to me and say they’ve seen the show, or hear about how a viewer told someone from our staff about what they learned by watching one of the episodes.”

The TV show is sponsored, produced and hosted by Mountain-Pacific and features topics such as diabetes self-management and training, myths about immunizations, cyber security, patient safety in hospitals, suicide prevention, how to honestly talk with doctors and more. *Healthy Living for Life* showcases experts who discuss health care topics, providing viewers with the latest information and best practices to help people receive quality care and to achieve quality health.

“Mountain-Pacific has partnered within our communities to provide solutions for better health for 45 years in April,” Medley said. “Our commitment to driving innovation and solutions for better health has only strengthened over time. *Healthy Living for Life* is one more way we can serve the residents of Montana and Wyoming.”

The show airs on Saturday mornings at 9:30 on SWX, a network of ABC stations. It also airs on Sundays via NBC affiliate KULR at 6:30 AM and via several ABC affiliates at 8:00 AM. The show’s past and current episodes can also be viewed online at www.hlf.life

About Mountain-Pacific—Mountain-Pacific is a 501(c)(3) nonprofit corporation and holds federal and state contracts that allow them to oversee the quality of care for Medicare and Medicaid members. Mountain-Pacific works within its region (Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands) to help improve the delivery of health care and the systems that provide it. Mountain-Pacific's goal is to increase access to high-quality health care that is affordable, safe and of value to the patients they serve. www.mpqhf.org

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