



BlueCross BlueShield of Montana



# Get to Know Your Employee Assistance Program

**Find professional support when you  
need it for challenging life events.**

ComPsych GuidanceResources is an Employee Assistance Program (EAP) included with your Blue Cross and Blue Shield of Montana (BCBSMT) plan. You and your family members can use EAP services — no copays or deductibles needed.

## Reach Out

Don't be afraid to reach out for help. Your health records are kept private from your employer, as required by law.

- Call: **844-216-8709**
- Online: **[guidanceresources.com](https://guidanceresources.com)**
- App: **GuidanceNow**
- Web ID: **BCBSMTEAP**

**COMPSYCH**<sup>®</sup>  
GuidanceResources<sup>®</sup> Worldwide

Blue Cross and Blue Shield of Montana, a Division of Health Care Service Corporation,  
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### **Make a Positive Change**

Connect with a therapist for confidential emotional support. A trained mental health professional can counsel you through concerns like:

- Sadness, worry and stress
- Alcohol or drug use
- Grief, loss and personal struggles
- Conflicts with people in your life

Your EAP includes 5 free therapy sessions per issue. Once you've used these free sessions, you can use your BCBSMT network benefits to keep seeing the same therapist in most cases.

### **Check off Your To-dos**

Specialists can save you time by searching for local services so you don't have to. They can help find:

- Child care, elder care or pet care
- Movers or home repair services
- And much more

### **Have Your Legal Questions Answered**

Talk to a lawyer for help with legal questions, including:

- Divorce, adoption and family law
- Wills and trusts
- Landlord/tenant issues

### **Get Help with Your Finances**

Financial experts can help with a wide range of money matters. Call to discuss:

- Retirement planning or taxes
- Relocation, mortgages or insurance
- Budgeting, debt or bankruptcy

### **Access Online Tools 24/7**

GuidanceResources Online is your link to information and support whenever you need it. Log on for:

- Articles, podcasts, videos and slideshows
- On-demand trainings
- "Ask the Expert" responses to your questions