Disability Resource Services™
Extra Help When It’s Needed Most

When personal problems arise, many people may choose to cope alone, resulting in negative consequences at home and the workplace. This is why we have teamed with ComPsych® Corporation to offer Disability Resource Services to employees who are covered by our long-term disability (LTD) policy and their immediate family. Disability Resource Services provides convenient resources to help address emotional, legal and financial issues.

Face-to-Face Sessions
Disability Resource Services provides three face-to-face sessions in a geographically accessible location to address behavioral issues.

Unlimited Telephonic Counseling
Disability Resource Services also provides unlimited telephonic counseling (24 hours a day, 7 days a week) to help address behavioral issues. Master’s degree level counselors use a conversational approach to identify issues, assess needs and refer participants to specialists to help resolve their issues.

Web-Based Services
GuidanceResources® Online (guidanceresources.com) is a secure, password-protected website that contains self-assessments, extensive content on personal health and powerful tools to help with personal, relational, legal, health and financial concerns. This service is free of charge to employees who are insured with us for long-term disability insurance and their immediate family. It covers many topics and personal concerns, such as:

- Alcohol and drug abuse
- Depression
- Divorce and family law
- Estate planning
- Getting out of debt
- Grief and loss
- Job pressures
- Managing debt obligations
- Marital and family conflicts
- Retirement planning
- Saving for college
- Stress and anxiety
- Tax questions
- Real estate buying and selling

To Access Your Services

Call: 866-899-1363

- You will be asked what type of insurance policy you have: LTD, STD or life insurance. If you are unsure, consult with your HR representative.

Online: GuidanceResources.com

- Click “Register” to create a new account.
- Enter Your Company ID: DISRES

**Note—Benefit available to all District employees covered under a MUST medical plan.**
Your Guide to GuidanceResources® Online

GuidanceResources.com

What about financial concerns?
Financial issues can arise at any time, from dealing with debt to saving for college. GuidanceResources® Online is available to provide you with the tools and information you need to help solve your personal money management concerns.

How can I manage all of my life’s little details and the issues my family may face?
Whether you are a new parent, giving care to an elder, sending a child off to college, buying a car or doing home repairs, you’re bound to come across concerns that need to be addressed. Let GuidanceResources® Online help you explore your options.

Where can I get answers to my legal questions?
GuidanceResources® Online provides access to practical, understandable information and tools to help address your concerns about divorce, bankruptcy, buying real estate and other issues.

Guide to using GuidanceResources.com
1. On the GuidanceResources.com home page, click on the tab at the top labeled “Register.”
2. Enter your company ID: DISRES. Create a username and password. The username has to be at least six characters long and should have no spaces (for example: joesmith). Make sure that you complete all required fields, noted with red asterisks.
3. Read the Terms of Use and click inside the checkbox to indicate your agreement to those terms.
4. When you’ve finished, click on the “Submit” button at the bottom of the page.

GuidanceResources® Online offers web-based services designed to help address the personal concerns and life issues you may be facing. Whether it’s depression, alcohol and drug abuse, or grief and loss, these services are available to you and members of your family at no cost—24 hours a day, 7 days a week.

ONLINE ACCESS:
GuidanceResources.com

• Click “Register” to create a new account.
• Enter Your Company ID: DISRES
• FOR FUTURE LOGINS, just go to the member login section and enter your username and password. This will take you directly to GuidanceResources.com.

If you have any problems logging in, you can contact: memberservices@guidanceresources.com or 877-595-5289.

Disability Resource Services™
In the U.S. and Canada, call 866-899-1363
TDD: 800-697-0353
GuidanceResources.com
Enter Your Company ID: DISRES

BlueCross BlueShield of Montana

Blue Cross and Blue Shield of Montana is the trade name of Dearborn Life Insurance Company, an independent licensee of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.