

additional MEMBER RESOURCES



→ 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 employees who are covered by our long-term disability (LTD) policy and the employee's household (under the same roof) convenient resources to help address emotional, legal and financial issues.



TO ACCESS YOUR SERVICES:

Call: 866-899-1363

Online: [GuidanceResources.com](https://www.GuidanceResources.com)

- Click "Register" to create a new account
- Enter Your Company ID: DISRES



BlueCross BlueShield
of Montana



FACE-TO-FACE SESSIONS

Provides three face-to-face sessions per issue in a geographically accessible location to address behavioral issues.

UNLIMITED TELEPHONIC SUPPORT

Provides unlimited telephonic support (24 hours a day, 7 days a week) to help address behavioral issues. Master's degree level clinicians 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.

- 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



GO TO OUR WEBSITE TO LEARN MORE:
mustbenefits.org/benefits/medical-benefits



MARKETING TEAM

REGION 1

FABIAN DENEULT (Ronan)

Marketing & Sales Representative

CELL: (406) 270-8320

EMAIL: fdeneault@ms-sf.org

REGION 2

DEANNA MILMINE (Helena)

Marketing & Sales Representative

CELL: (406) 459-9027

EMAIL: dmilmine@ms-sf.org

REGION 3

JARETT LADEN (Billings)

Marketing & Sales Representative

CELL: (406) 366-3252

EMAIL: jladen@ms-sf.org

REGION 4

JIM MEPHAM (Great Falls)

Marketing & Sales Representative

CELL: (406) 217-1188

EMAIL: jmepham@ms-sf.org