



# HEALTH CARE & BENEFITS DIVISION

January 8, 2025

Understanding Your Benefits

## Using the Employee Assistance Program (EAP)

*Available to All State of Montana Employees and Their Household Members*



Watch this presentation to learn how GuidanceResources provides confidential support, short-term counseling, resources, and information about emotional, financial, legal, family, and work-life issues at no-cost.

### **GuidanceResources**

*24/7 No Cost Support, Short-term Counseling, Resources, and Information*

Visit [guidanceresources.com](https://www.guidanceresources.com) or download the *GuidanceResources Now* app to get started.

- Call: (844) 506-5374 or TTY 711
- Web ID: MontanaEAP

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To help members better understand their State of Montana Benefit Plan (State Plan) benefits, the Health Care & Benefits Division provides monthly “Understanding Your Benefits” presentations. These presentations are designed to provide State Plan information regarding specific benefit related topics in short easy to understand videos.

[Check out previous topics here.](#)

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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**Non-Discrimination Notice:** The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).