

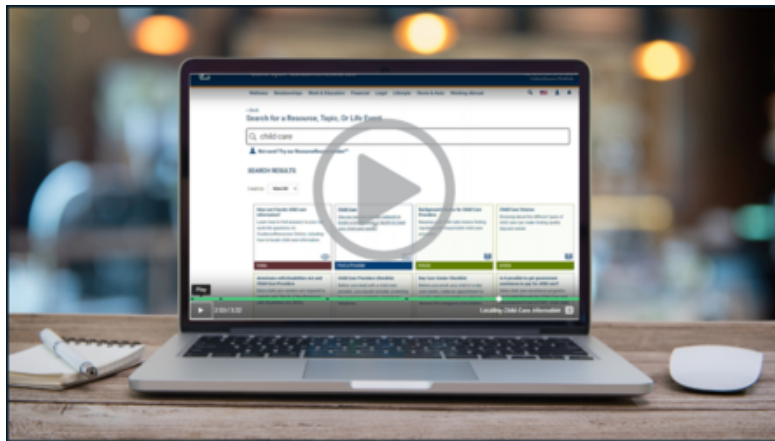


April 15, 2025

Understanding Your Benefits

## Work-Life Resources from your Employee Assistance Program

Life can get busy and overwhelming. That's why your Employee Assistance Program (EAP) includes comprehensive work-life resources to help you manage life's everyday challenges.



[Watch this video\\*](#) to learn about work-life resources available to you from GuidanceResources at no-cost.

Get answers to questions such as:

- How do I find assistance such as local food pantries, rental or utility help, prescription coverage or emergency shelter?
- How do I find local elder care resources?
- How can I find information about Medicare/Medicaid and covered services?
- How can I locate child care information?
- I would like to find a new apartment. What resources are available?

Work-life resources are designed to help you save time, reduce stress, and help you stay focused both at work and at home.



## GuidanceResources

**Call:** (844) 506-5374 or TTY 711

**Visit:** [guidanceresources.com](http://guidanceresources.com)

**App:** [GuidanceNow](#)

**Web ID:** MontanaEAP

GuidanceResources provides [no-cost EAP services](#) 24/7 to all state of Montana employees, State Plan members, their dependents and household members. For more details visit [hr.mt.gov/programs/EAP](http://hr.mt.gov/programs/EAP).

*\* The video briefly mentions specific COVID-19 crisis resources that are no longer available.*

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### MONTHLY UNDERSTANDING YOUR BENEFIT SERIES

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.

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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100 N. Park Ave. Suite 320 | PO Box 200130 | Helena, MT 59620-0130 | [BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)

**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](#).