



**Important Phone Numbers**

**Benefits/Claims/Member Services/Provider Directory**

**Alligiance**

1-855-999-1521

[Askalligiance.com/smc](http://Askalligiance.com/smc)

**Prescription Medications**

**Express Scripts administered by RxBenefits**

1-800-334-8134

[www.express-scripts.com](http://www.express-scripts.com)

**24-Hour Nurse Line**

1-888-546-8463

**Human Resources**

1-406-322-8930

[www.stillwaterfamily.org](http://www.stillwaterfamily.org)

**Tria Health**

1-888-799-8742

[www.triahealth.com/enroll](http://www.triahealth.com/enroll)

**Lyra Health**

1-877-932-2101

[sibanyestillwater.lyrahealth.com](http://sibanyestillwater.lyrahealth.com)

[care@lyrahealth.com](mailto:care@lyrahealth.com)



# What's the Difference Between Preventive Services and Diagnostic Services?

## Preventive Services

Preventive Services are often given as part of a routine physical or checkup, when you're symptom free and have no reason to believe you might be unhealthy. Preventive screenings check for early signs of cancer and other conditions in accordance with age-based guidelines and recommendations.

## Diagnostic Services

Diagnostic Services are what you receive when you have symptoms or risk factors and your doctor wants to diagnose them. Diagnostic tests may also be performed based on results of preventive screenings.

**Preventive Screenings** are mandated to be covered under the Affordable Care Act at 100% coverage. The law states that only a certain list of services are considered preventive and are allowed to be covered at no cost. **Diagnostic services** are performed on existing medical conditions and are therefore subject to copays and coinsurance. If you have an existing condition and address it during your preventive care visit, you may be charged for those services. Unfortunately, certain lab tests fall under this category.

### Examples of Preventive Services:

- Screening mammogram for women age 50 and over with no existing issues, 40-49 for women at higher risk
- Screening colonoscopy for adults age 45 and over with no existing issues
- Annual preventive visits
- Vaccinations (vary by age)
- Lab tests (vary by age and gender)

### Examples of conditions/services that would be considered diagnostic in nature:

- Mammogram due to lump in breast, or previous diagnosis
- Colonoscopy due to colorectal bleeding, polyps, or previous diagnosis
- Certain lab tests

If you are having your biometrics completed at your PCPs office instead of through It Starts With Me, you may run into the issue of being charged for certain lab tests. In order to avoid this, you may want to continue to have them done through It Starts With Me and take the screening results with to your annual PCP visit for review.

Please contact Alligiance if you have questions about the way your claim was processed. Please contact your provider if you feel a claim has been coded incorrectly or if you have questions regarding your invoice.



## Did you know...

**Volunteering decreases your risk of depression, helps develop a sense of purpose, reduces stress, increases happiness, and more!**



# Gratitude... A Very Healthy Habit

We can all use more positivity in our lives. It is possible to train your brain to focus on positive thoughts instead of negative. Below are some ways you can start!



If something frustrates you today, take a breath and focus on three things that are going right.



Take a moment to appreciate the beauty around you. The blue sky, puffy white clouds, snowcapped mountains... whatever it may be, take a mental snapshot of the beauty you see.



Reach out to a friend or loved one and let them know how much you appreciate them. Those positive thoughts will help you and will likely make their day!



We all have bad days. Next time you're feeling down, think of three things you're grateful for. Some that come to mind are unconditional love from pets, friendships, chocolate.

# Mental Health Matters!

Talking to someone can help. Under your Sibanye-Stillwater health plan, you have options.

## Virtual Visits: AMWELL – No Cost

**Talk to a Therapist** – Schedule a 45-minute counseling session to get extra support when you're experiencing anxiety, depression, grief, stress, and more.

**Visit with a Psychiatrist** – The psychiatrists you can see through Amwell may provide medication management for many common health conditions.

To sign up, go to [Ascendant.amwell.com](http://Ascendant.amwell.com) or download the Amwell mobile app. Enter the Service Key: SSMC when signing up so the \$0 copay will apply.

## LYRA – First 10 Visits No Cost, Then Your Medical Benefits Apply

Lyra Coaching and Therapy provides care for your emotional and mental health, including stress, anxiety, and depression. Live chat with Lyra's Care Navigator Team is available 24/7 by phone or email. Virtual and in-person visits (where available, more coming soon!) are also available by following the instructions below.

To sign up, go to [sibanyestillwater.lyrahealth.com](http://sibanyestillwater.lyrahealth.com), download the Lyra Health app, or call 877-932-2101. Take the care assessment to get matched with high-quality providers who have diverse backgrounds and identities. Lyra's providers are custom matched to you and have appointments available right away.

## In-Person Visits: Health Partners/Allegiance/Cigna Networks – Deductibles and Coinsurance Apply

In-person visits are available through your health plan under the SSHP, Allegiance, and Cigna networks. To find a provider, simply go to [www.askallegiance.com/smc/findaprovider](http://www.askallegiance.com/smc/findaprovider) or call Allegiance at 855-999-1521 for assistance.

# Enhanced Dental Benefits

If you or a covered family member have been diagnosed with one of the chronic medical conditions below, you may benefit from additional teeth and gum cleanings throughout the year with SmileWay Wellness Benefits.

- ALS
- Cancer
- Chronic Kidney Disease
- Diabetes
- Heart Disease
- HIV/AIDS
- Huntington's Disease
- Joint Replacement
- Lupus
- Opioid Misuse and Addictions
- Parkinson's Disease
- Rheumatoid Arthritis
- Sjogren's Syndrome
- Stroke



[Visit Delta Dental Smileway](#) for step by step instructions on opting in to the program.



Two new facilities in Bozeman to serve you:

## Billings Clinic Bozeman

3905 Wellness Way  
Bozeman, MT 59718-2402  
Urgent Care available Monday-Friday – 8:00am-7:00pm  
406-898-1200

## Billings Clinic Bozeman Surgery Center

3905 Wellness Way  
Bozeman, MT 59718-2402

Same Day Care

## Beartooth Billings Clinic

2525 N Broadway Ave – 406-446-2345  
Monday-Friday – 7:30am-6:00pm

## Stillwater Billings Clinic

710 N 11th Street – 406-322-1000  
Monday-Friday – 8:00am-5:00pm  
Saturday – 9:00am-noon

## Billings Clinic Miles City

620 S Haynes Ave – 406-233-7000  
Monday-Friday – 8:00am-5:00pm

## Billings Clinic Express Care

3137 Grand Ave (inside Albertsons) – 406-238-2677  
Monday-Friday – 7:00am-7:00pm  
Saturday-Sunday – 9:00am-5:00pm



Walk-in Care – No appointment necessary

## Billings

Broadwater – 2019 Broadwater Ave. – 406-237-8550  
Downtown – 1027 N. 27th St. – 406-237-5110  
Heights – 32 Wicks Lane – 405-237-8400  
Open 7 days – 7:30am-7:00pm

## Laurel – New Location!

Canyon Creek Station – 331 S Washington Ave, Ste B – 406-319-3866  
Open 7 days – 7:30am-7:00pm

## Miles City

2600 Wilson St – 406-233-2500  
Monday-Friday – 7:30am-5:30pm  
Saturday-Sunday – 8:00am-5:00pm

[www.Askallegiance.com/smc](http://www.Askallegiance.com/smc)