

**HPM Health Plan**  
Quarterly Newsletter  
JULY 2023



**HEALTH PROFESSIONS OF  
MONTANA PLAN & TRUST**

## Introducing our new Account Executive



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Eastern Radiological Associates  
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**Aimee R. Ameline, DDS**  
Aimee Ameline DDS PC  
Great Falls

**Dale Mortenson, MD**  
Great Falls Surgical Associates  
Great Falls

Health Professions of Montana Plan & Trust is happy to announce that we have a new Account Executive! Kris Sweeney was born and raised in Missoula and has been a licensed agent for over twenty years. She is very excited to be in her new role and looks forward to meeting everyone. Please reach out to her if you need anything at [ksweeney@hpmpt.org](mailto:ksweeney@hpmpt.org). Welcome Kris!

### REMIND YOUR EMPLOYEES TO USE BLUE ACCESS FOR MEMBERS (BAM)

Employees can track your personal claims, print ID cards, find providers, track copay and deductibles, check drug prices, find the full benefit plan booklet for HPM etc. online or through the mobile app. Information at the link:

[Go Mobile with Blue Access for Members](#)

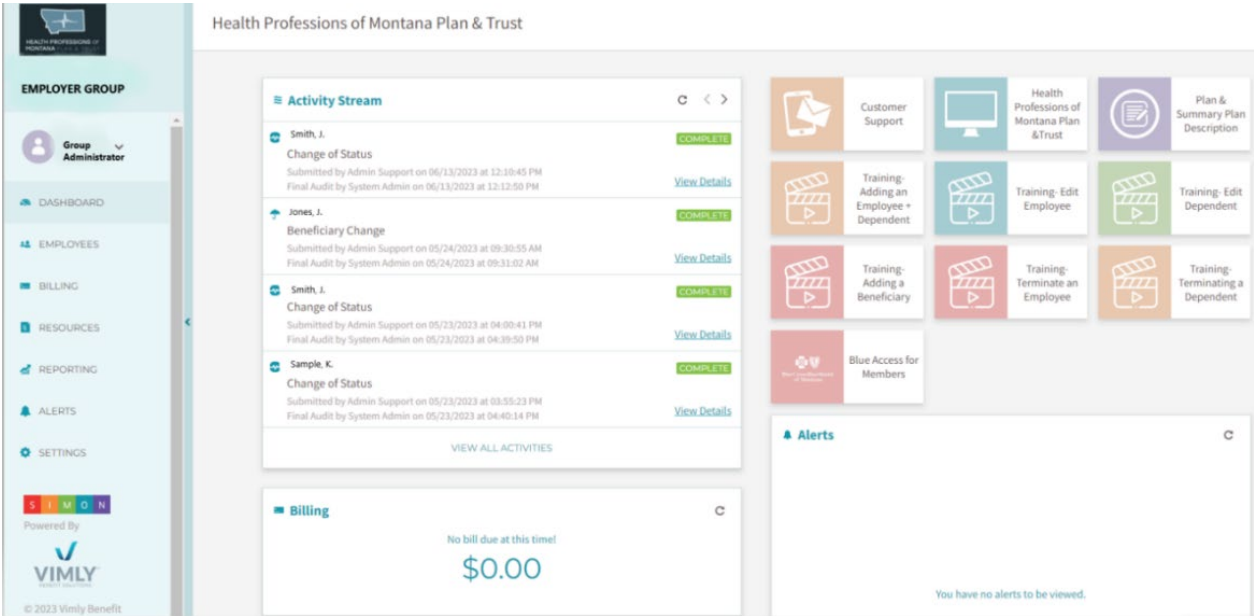


Total Health Management (THM) is a program that promotes members to engage in their own health. The primary goal is to encourage members to establish a relationship with a primary care provider (PCP) and work toward positive health outcomes. It encourages members to utilize and receive their preventive health services such as mammograms, colonoscopies, blood draws, etc. HPM strongly believes in health management so all members (and their covered spouses) who visit their primary care provider and completes the form found at the link below will receive a \$300 reduction following year's deductible.

Complete details here: [THM FAQs and Forms](#)

### HPM Enrollment and Billing System – SIMON

Many of you are using our new enrollment and billing system which brings eligibility, enrollment, billing, and payment into a fully automated system thus eliminating manual processes, use of paper forms, and other inefficiencies. We hope you have found it saves you time and is easy to use. If you have not signed on to SIMON to manage your group, please reach out to us so we can set you up! Below is the main Dashboard you will see for your group when you login as an Administrator. This gives you quick access to your current activity, your current amount due, training tutorials, and any notifications that are Trust and/or Group specific through the Alerts section.



## Contact Us

**Kris Sweeney**  
Account Executive

**Health Professions of  
Montana Plan & Trust**

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406-443-4919**

[ksweeney@hpmpt.org](mailto:ksweeney@hpmpt.org)

[hpmpt.org](http://hpmpt.org)



Our website is  
[hpmpt.org](http://hpmpt.org)

You can find information about our plans and programs as well as forms for making plan changes, submitting manual claims, or participating in the wellness program.



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## HPM Member Benefits *at no cost*

- 24/7 Nurseline – Health happens, good or bad, 24 hours a day, seven days a week. Registered nurses can answer your health questions and try to help you decide whether you should go to the emergency room/urgent care center or make an appointment with your doctor. The 24/7 Nurseline number is (877) 213-2565.
- LearntoLive – Digital Mental Health Learntolive is an online tool of programs for behavioral health support that helps with people struggling with anxiety, stress, depression, substance use or sleep problems – among many other mental health concerns. To access the site, log into Blue Access for Members (BAM) by visiting [bcbsmt.com](http://bcbsmt.com) and click Login or Sign Up to get into your BAM account and then click on Wellness.
- Well on Target – The Well on Target member portal provides you with a suite of innovative tools and programs including: self-management programs on weight loss, fitness, nutrition, etc.; fitness tracking apps; and a health library with numerous articles and information. The Blue Points Program in the Well on Target portal allows you to earn points for participating in wellness activities. You can redeem points in the online shopping mall. Access all these great tools at [wellontarget.com](http://wellontarget.com).
- Case Management – If you have a chronic health condition or a serious illness/injury, you are eligible to receive free assistance from registered nurses and other health care professionals. Contact BCBSMT Customer Service at (855) 322-4953 for more information. And if a Case Manager reaches out to you, we encourage you to engage with them to help you manage your health more effectively.

*Health Professions of Montana Plan & Trust is the only insurance plan managed by Montana physicians who are your peers and understand your health needs.*