

# Contacts

This section gives you telephone numbers, web site addresses and other important information about your benefits.

For Information About	Use These Resources	Important Details
<b>Participating UnitedHealthcare PPO plan providers</b>	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET Employee: <b>www.myuhc.com</b> Prior to employment: <b>www.provider.uhc.com/stryker</b>	Registration not required to view this site Network – Choice Plus
<b>UnitedHealthcare PPO and Out-of-Area plans</b> Print temporary ID cards online Claim status, ID cards, etc. Estimated treatment costs; information about a proposed surgery or a newly diagnosed health condition	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET <b>www.myuhc.com</b>	You must register on the <b>www.myuhc.com</b> web site in order to access your claim status and eligibility information. To register, go to <b>www.myuhc.com</b> and click on <i>Register Now</i> .
<b>UnitedHealthcare special services</b> After-hours emergency medical situations General health and wellness information	MyNurseLine: <b>888 206 1623</b> Customer service hours: 7 days a week, 24 hours a day <b>www.myuhc.com</b>	Click on <i>Look Up Health Topics</i> or <i>Live Nurse Chat</i> .
<b>Participating UnitedHealthcare Medco pharmacies</b> Generic medication alternatives or costs for equivalent medications Ordering home-delivery prescription medication	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET <b>www.myuhc.com</b> or thru <b>www.365wellst.com</b>	You must register on the <b>www.365wellst.com</b> web site to access the pharmacy locator service.
<b>Blue Cross Blue Shield of Alabama</b>	<b>800 292 8868</b> Customer service hours: Monday - Friday, 8:30am - 7pm ET <b>www.bcbsal.com</b>	
<b>Blue Cross Blue Shield of Massachusetts</b>	<b>800 821 1388</b> Customer service hours: Monday - Friday, 8am - 8pm ET <b>www.bluecrossma.com</b>	
<b>Kaiser Permanent - California</b> HMO option	<b>800 464 4000</b> Customer service hours: 7 days a week, 7am - 7pm PT <b>www.kaiserpermanente.org</b>	Kaiser HMO includes prescription drug coverage.

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<b><i>Kaiser Permanente - Hawaii</i></b>	<b>808 432 5955 (Oahu), 800 966 5955 (Neighbor Islands)</b> Customer service hours: Monday - Friday, 8am - 5pm PT, Saturday 8am – noon <b>www.kaiserpermanente.org</b>	Kaiser HMO includes prescription drug coverage.
<b><i>Delta Dental</i></b>	<b>800 524 0149</b> Customer service hours: Monday - Friday, 8:30am - 7:50pm ET <b>www.deltadental.com</b>	Registration not required to view this site.
<b><i>EyeMed Visioncare</i></b>	<b>866 939 3633</b> Customer service hours: Monday - Saturday, 8am - 11pm; Sunday, 11am - 8pm ET <b>www.eyemedvisioncare.com</b> or <b>www.eyemedcontacts.com</b>	Web site registration required. To locate participating providers, log on to <b>www.enrollwitheyemed.com.</b>
<b><i>UnitedHealthcare flexible spending accounts</i></b> Healthcare flexible spending account Day care (child and adult) flexible spending account	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET <b>www.myuhc.com</b>	Web site registration and group number 703998 required.
<b><i>LifeWorks Employee assistance program</i></b>	<b>888 267 8126</b> Customer service hours: 24 hours a day, seven days a week <b>www.lifeworks.com</b>	User name: Stryker Password: 4260
<b><i>401(k) Savings and Retirement Plans</i></b>	<b>800 523 1188</b> Customer service hours: Monday - Friday, 8:30am - 9pm ET <b>www.vanguard.com</b>	Need plan numbers for access: Sales Plan: 090082 Non-Sales Plan: 090081