

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
Participating UnitedHealthcare PPO plan providers	800 387 7508 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET www.myuhc.com	Registration is not required to view this site. Network – Choice Plus
UnitedHealthcare PPO and Out-of-Area plans Print temporary ID cards online Claim status, ID cards, etc. Estimated treatment costs; information about a proposed surgery or a newly diagnosed health condition	800 387 7508 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET www.myuhc.com	You must register on the www.myuhc.com web site in order to access your claim status and eligibility information. To register, go to www.myuhc.com and click on <i>Register Now</i> .
UnitedHealthcare special services After-hours emergency medical situations General health and wellness information	MyNurseLine: 888 206 1623 Customer service hours: 7 days a week, 24 hours a day www.myuhc.com	Click on <i>Look Up Health Topics</i> or <i>Live Nurse Chat</i> .
Participating UnitedHealthcare OptumRx pharmacies Generic medication alternatives or costs for equivalent medications Ordering home-delivery prescription medication	800 387 7508 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET www.myuhc.com	You must register on the www.myuhc.com web site to access the pharmacy locator service.
Blue Cross Blue Shield of Alabama	800 292 8868 Customer service hours: Monday - Friday, 8:30am - 7pm ET www.bcbsal.com	
Kaiser Permanente - California	800 464 4000 Customer service hours: 7 days a week, 7am - 7pm PT www.kaiserpermanente.org	Kaiser HMO includes prescription drug coverage.
Kaiser Permanente – Hawaii	808 432 5955 (Oahu), 800 966 5955 (Neighbor Islands) Customer service hours: Monday - Friday, 8am - 5pm PT, Saturday 8am – noon www.kaiserpermanente.org	Kaiser HMO includes prescription drug coverage.

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<i>Cigna International</i>	800 441 2668 (US/Canada), 302 797 3100 (call collect) www.cignaenvoy.com	
<i>Delta Dental</i>	800 524 0149 Customer service hours: Monday - Friday, 8:30am - 7:50pm ET www.deltadentalmi.com	Registration not required to view this site.
<i>EyeMed Vision Care</i>	866 939 3633 Customer service hours: Monday - Saturday, 8am - 11pm; Sunday, 11am - 8pm ET www.eyemedvisioncare.com or www.eyemedcontacts.com	Web site registration required. To locate participating providers, log on to www.enrollwiththeyemed.com.
<i>UnitedHealthcare Flexible Spending Accounts</i> Healthcare flexible spending account Day care (child and adult) flexible spending account	800 387 7508 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET www.myuhc.com	Web site registration and group number 703998 required.
<i>The Hartford Life and Accident Insurance Company</i> Life and AD&D insurance	888 563 1124 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET	
<i>The Hartford Life and Accident Insurance Company</i> Short-term disability Long-term disability	800 741 4306 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET	
<i>LifeWorks</i> Employee Assistance Program	888 267 8126 Customer service hours: 24 hours a day, seven days a week www.lifeworks.com	User name: Stryker Password: 4260
<i>401(k) Savings and Retirement Plan</i>	800 523 1188 Customer service hours: Monday - Friday, 8:30am - 9pm ET www.vanguard.com	Web site registration and group number required. Group Number: 090081