

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 plan providers	800 387 7508 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm (based on caller time zone) www.myuhc.com	Registration is not required to view this site. Network – Choice Plus
UnitedHealthcare 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 (based on caller time zone) 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: 800-387-7508 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> .
Substance Use Disorder Helpline (Optum)	Substance Use Treatment Helpline: 855-780-5955 Helpline licensed clinicians available: 7 days a week, 24 hours a day www.Liveandworkwell.com	Speak with a licensed clinician for a substance use disorder evaluation and treatment support, including help finding a trusted provider.
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 (based on caller time zone) 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.

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HMSA – Hawaii	800-948-6111 (Oahu) 800-776-4672 (Neighbor Islands) Monday - Friday, 8 a.m.-5 p.m. HST www.hmsa.com	HMSA includes prescription drug coverage.
Cigna International Cigna Medical Benefits Abroad	800 441 2668 (US/Canada), 302 797 3100 (call collect) www.cignaenvoy.com Customer service hours: 24 hours a day/7 days a week 1.800.243.1348 or 001.302.797.3535 (collect calls accepted) www.cignaenvoy.com (Select “I am an international business traveler” and enter username 03509BMBA and password Cigna1) Stryker Policy Number: 03509B	For employees that are traveling on business internationally
Delta Dental	800 524 0149 Customer service hours: Monday - Friday, 8:30am - 7:55 pm ET www.deltadentalmi.com	Registration not required to view this site.
EyeMed Vision Care	866 939 3633 Customer service hours: Monday - Saturday, 8am - 11pm; Sunday, 11am - 8pm ET www.eyemed.com	Web site registration required. To locate participating providers, log on to www.eyemed.com
Health Savings Accounts (HSAs) (Optum Bank)	800 387 7508 Customer service hours: Monday - Friday, 8am - 8pm (based on caller time zone) www.myuhc.com	Group Number—703997
UnitedHealthcare Flexible Spending Accounts 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.
The Hartford Life and Accident Insurance Company Life and AD&D insurance	888 563 1124 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET	

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<p><i>The Hartford Life and Accident Insurance Company</i> Short-term disability Long-term disability</p>	<p>877 936 6052; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET www.thehartfordatwork.com</p>	
<p><i>LifeWorks</i> Employee Assistance Program</p>	<p>866 785 4572 Customer service hours: 24 hours a day, seven days a week www.lifeworks.com</p>	<p>User name: Stryker Password: 4260</p>
<p><i>401(k) Savings and Retirement Plan</i></p>	<p>800 523 1188 Customer service hours: Monday - Friday, 8:30am - 9pm ET www.vanguard.com/retirementplans</p>	<p>Web site registration and plan number required. Plan Number: 090081</p>
<p><i>Limeade Strive for Wellbeing Program</i></p>	<p>855 642 2679 support@limeade.com Customer service hours: Monday – Friday 7 am – 7 pm ET www.strive.stryker.com</p>	