

# 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 plan providers</b>	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm (based on caller time zone) <b>www.myuhc.com</b>	Registration is not required to view this site. Network – Choice Plus
<b>UnitedHealthcare plans</b> Print temporary ID cards online Claim status, order ID cards, etc. Estimated treatment costs; information about a proposed surgery or a newly diagnosed health condition Speak to a nurse during customer service hours (virtual visits are available for an additional fee via the myuhc.com website if it is an after-hours call)	<b>800 387 7508</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm (based on caller time zone) <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>Substance Use Disorder Helpline (Optum)</b>	Substance Use Treatment Helpline: <b>855-780-5955</b> Helpline licensed clinicians available: 7 days a week, 24 hours a day <b>www.Liveandworkwell.com</b>	Speak with a licensed clinician for a substance use disorder evaluation and treatment support, including help finding a trusted provider.
<b>Participating UnitedHealthcare OptumRx 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 (based on caller time zone) <b>www.myuhc.com</b>	You must register on the <b>www.myuhc.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>Kaiser Permanente - California</b>	<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>HMSA – Hawaii</i></b>	<b>800-948-6111 (Oahu)</b> <b>800-776-4672 (Neighbor Islands)</b> Monday - Friday, 8 a.m.-5 p.m. HST <b>www.hmsa.com</b>	HMSA includes prescription drug coverage.
<b><i>Cigna International</i></b>	<b>800 441 2668 (US/Canada),</b> <b>302 797 3100 (call collect)</b> <b>www.cignaenvoy.com</b> Customer service hours: 24 hours a day/7 days a week	
<b><i>Cigna Medical Benefits Abroad</i></b>	<b>1.800.243.1348</b> <b>or 001.302.797.3535 (collect calls accepted)</b> <b>www.cignaenvoy.com</b>  (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
<b><i>Delta Dental</i></b>	<b>800 524 0149</b> Customer service hours: Monday - Friday, 8:30am - 7:55 pm ET <b>www.deltadentalmi.com</b>	Registration not required to view this site.
<b><i>EyeMed Vision Care</i></b>	<b>866 939 3633</b> Customer service hours: Monday - Saturday, 8am - 11pm; Sunday, 11am - 8pm ET <b>www.eyemed.com</b>	Web site registration required. To locate participating providers, log on to <b>www.eyemed.com</b>
<b><i>Health Savings Accounts (HSAs) (Optum Bank)</i></b>	<b>800 387 7508</b> Customer service hours: Monday - Friday, 8am - 8pm (based on caller time zone) <b>www.myuhc.com</b>	Group Number—703997
<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>The Hartford Life and Accident Insurance Company</i></b> Life and AD&D insurance	<b>888 563 1124</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET	
<b><i>The Hartford Life and Accident Insurance Company</i></b> Short-term disability Long-term disability	<b>877 936 6052</b> ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET <b>www.thehartfordatwork.com</b>	

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