

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
<i>Participating UnitedHealthcare PPO plan providers</i>	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
<i>UnitedHealthcare PPO and Out-of-Area plans</i> 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> .
<i>UnitedHealthcare special services</i> 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> .
<i>Participating UnitedHealthcare OptumRx pharmacies</i> 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.
<i>Blue Cross Blue Shield of Alabama</i>	800 292 8868 Customer service hours: Monday - Friday, 8:30am - 7pm ET www.bcbsal.com	
<i>Kaiser Permanente - California</i>	800 464 4000 Customer service hours: 7 days a week, 7am - 7pm PT www.kaiserpermanente.org	Kaiser HMO includes prescription drug coverage.
<i>Kaiser Permanente – Hawaii</i>	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