

## 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
<p><b>UnitedHealthcare plans</b></p> <p>Print temporary ID cards online</p> <p>Claim status, order ID cards, etc.</p> <p>Estimated treatment costs; information about a proposed surgery or a newly diagnosed health condition</p> <p>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)</p>	<p>800 387 7508; follow prompts</p> <p>Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone)</p> <p><b>www.myuhc.com</b></p>	<p>You must register on the <b>www.myuhc.com</b> web site in order to access your claim status and eligibility information.</p> <p>To register, go to <b>www.myuhc.com</b> and click on Register Now.</p> <p>Medical plans group number: 703997</p>
<p><b>Substance Use Disorder Helpline (Optum)</b></p>	<p>Substance Use Treatment Helpline: 855 780 5955</p> <p>Helpline licensed clinicians available: 7 days a week, 24 hours a day</p> <p><b>www.Liveandworkwell.com</b></p>	<p>Speak with a licensed clinician for a substance use disorder evaluation and treatment support, including help finding a trusted provider.</p>
<p><b>Participating UnitedHealthcare plan providers</b></p> <p><b>Participating UnitedHealthcare OptumRx pharmacies</b></p> <p>Generic medication alternatives or costs for equivalent medications</p> <p>Ordering home-delivery prescription medication</p>	<p>800 387 7508; follow prompts</p> <p>Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone)</p> <p><b>www.myuhc.com</b></p>	<p>Registration is not required to view this provider site.</p> <p>Network – Choice Plus</p> <p>You must register on the <b>www.myuhc.com</b> web site to access the pharmacy locator service.</p>

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<b>Blue Cross Blue Shield of Alabama</b>	800 292 8868 Customer service hours: Monday – Friday, 8:30am – 7pm ET <b>www.bcbsal.com</b>	Blue Cross Blue Shield of Alabama includes prescription drug coverage. Group number: 82059
<b>Kaiser Permanente - California</b>	800 464 4000 Customer service hours: 24 hours a day/7 days a week for most services, except major holidays kp.org	Kaiser HMO includes prescription drug coverage. Kaiser North group number: 17181 Kaiser South group number: 118506
<b>HMSA – Hawaii</b>	800 948 6111 (Oahu) 800 776 4672 (Neighbor Islands) Monday – Friday, 8am – 5pm HST <b>www.hmsa.com</b>	HMSA includes prescription drug coverage. Group number: 32908-1-4
<b>Cigna International</b>	800 441 2668 (US/Canada), 302 797 3100 (call collect) <b>www.cignaenvoy.com</b> Customer service hours: 24 hours a day/7 days a week	Stryker Policy Number: 03509A
<b>Cigna Medical Benefits Abroad</b>	1 800 243 1348 or 001 302 797 3535 (collect calls accepted) <b>www.cignaenvoy.com</b>	For employees that are traveling on business internationally Stryker Policy Number: 03509B
<b>Delta Dental</b>	800 524 0149 Customer service hours: Monday – Friday, 8:30am – 7:55pm ET <b>www.deltadentalmi.com</b>	Registration not required to view this site. Group number: 5480
<b>EyeMed Vision Care</b>	866 723 0513 Customer service hours: Available 362 days each year: Mon. to Fri.: 7:30am – 11pm EST, Sat.: 8am – 11pm & Sun.: 11am – 8pm EST <b>www.eyemed.com</b>	Web site registration required. To locate participating providers, log on to <b>www.eyemed.com</b> <b>Group number: 9706201</b>
<b>Health Savings Accounts (HSAs) (Optum Bank)</b>	800 387 7508 Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone) <b>www.myuhc.com</b>	Group Number: 703997

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<b>UnitedHealthcare Flexible Spending Accounts</b> 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 <b>www.myuhc.com</b>	Web site registration and Group number 703998 required.
<b>Included Health</b>	855 431 5551 Customer service hours: Monday – Friday, 8am – 8pm ET <b>https://includedhealth.com/microsite/stryker/</b>	
<b>Unum</b> Life and AD&D insurance	800 275 8686; follow prompts Customer service hours: Monday – Friday, 8am – 8pm ET <b>www.unum.com</b>	Group number: 940919
<b>Unum</b> Short-term disability Long-term disability	888 673 9940; follow prompts Customer service hours: Monday – Friday, 8am – 8pm ET <b>www.unum.com</b>	Group number: 940918 (STD) Group number: 940915 (LTD)
<b>Lyra</b> Employee Assistance Program	833 511 0159 Customer service hours: 24 hours a day, seven days a week <b>stryker.lyrahealth.com</b>	
<b>401(k) Savings and Retirement Plan</b>	800 523 1188 Customer service hours: Monday – Friday, 8:30am – 9pm ET <b>www.vanguard.com/retirementplans</b>	Web site registration and plan number required. Plan Number: 090081
<b>Virgin Pulse</b> Administrator of Strive for Wellbeing Program	833 643 0408 Email: <b>support@virginpulse.com</b> Customer service hours: Monday – Friday 7am – 7pm ET	