

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>UnitedHealthcare plans</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>www.myuhc.com</p>	<p>You must register on the www.myuhc.com web site in order to access your claim status and eligibility information.</p> <p>To register, go to www.myuhc.com and click on <i>Register Now</i>.</p>
<p>Substance Use Disorder Helpline (Optum)</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>www.Liveandworkwell.com</p>	<p>Speak with a licensed clinician for a substance use disorder evaluation and treatment support, including help finding a trusted provider.</p>
<p>Participating UnitedHealthcare plan providers</p> <p>Participating UnitedHealthcare OptumRx pharmacies</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>www.myuhc.com</p>	<p>Registration is not required to view this provider site.</p> <p>Network – Choice Plus</p> <p>You must register on the www.myuhc.com web site to access the pharmacy locator service.</p>
<p>Blue Cross Blue Shield of Alabama</p>	<p>800 292 8868</p> <p>Customer service hours: Monday - Friday, 8:30am - 7pm ET</p> <p>www.bcbsal.com</p>	
<p>Kaiser Permanente - California</p>	<p>800 464 4000</p> <p>Customer service hours: 7 days a week, 7am - 7pm PT</p> <p>www.kaiserpermanente.org</p>	<p>Kaiser HMO includes prescription drug coverage.</p>

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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	800 441 2668 (US/Canada), 302 797 3100 (call collect) www.cignaenvoy.com Customer service hours: 24 hours a day/7 days a week	
Cigna Medical Benefits Abroad	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	
The Hartford Life and Accident Insurance Company Short-term disability Long-term disability	877 936 6052 ; follow prompts Customer service hours: Monday - Friday, 8am - 8pm ET https://mybenefits.thehartford.com	

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<p>LifeWorks 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>401(k) Savings and Retirement Plan</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>Limeade Administrator of Strive for Wellbeing Program from 1/1/21 – 2/1/21</p>	<p>855 642 2679 support@limeade.com Customer service hours: Monday – Friday 7 am – 7 pm ET</p>	