



Important Benefits Contact Information

Resource	Phone	Web / Email
Medical		
<ul style="list-style-type: none"> CareFirst BlueCross BlueShield 	1-888-417-8385	www.carefirst.com <i>Tip: Go to Find a Provider, click the Search feature, and choose a doctor from any BlueChoice Advantage network.</i>
<ul style="list-style-type: none"> Kaiser Permanente <ul style="list-style-type: none"> Washington area Baltimore area 	301-468-6000 1-800-777-7902	https://healthy.kaiserpermanente.org
<ul style="list-style-type: none"> UnitedHealthcare HMO 	1-800-638-0014	http://welcometouhc.com/mcg or www.myuhc.com <i>Tip: This plan utilizes the Select EPO network</i>
Prescription		
<ul style="list-style-type: none"> Caremark SilverScript (Medicare-eligible retirees) 	1-866-240-4926 1-866-249-6167	www.caremark.com www.mcg.silverscript.com
Dental		
<ul style="list-style-type: none"> CIGNA 	1-800-244-6224	www.cigna.com
Vision		
<ul style="list-style-type: none"> EyeMed 	1-866-800-5457	www.eyemed.com Network: <i>Insight</i>
Life, AD&D, Optional Life and LTD1		
<ul style="list-style-type: none"> MetLife 	1-800-638-6420	www.metlife.com http://www.lifeonlinecalculator.com/ <i>Life Insurance Needs Calculator</i>
Flexible Spending Accounts		
<ul style="list-style-type: none"> Benefit Strategies 	1-888-401-3539	https://benstrat.com/participants_fsa.php (general) https://benstrat.navigatorsuite.com (account access)
Direct Bill and COBRA		
<ul style="list-style-type: none"> Benefit Strategies 	1-888-401-3539	https://benstrat.com/participants.php
Voluntary Benefits		
<ul style="list-style-type: none"> Aflac 	1-202-558-5142	www.aflac.com
General Information		
<ul style="list-style-type: none"> MC311 OHR Customer Service Center 	240-773-6471	www.mc311.com Open Monday to Friday, 7 a.m. to 7 p.m. Any questions MC311 representatives cannot answer are immediately routed via a service request to the OHR Health Insurance Customer Care Center, Monday to Friday, open 8 a.m. to 5 p.m.
<ul style="list-style-type: none"> Medicare 	1-800-633-4227	www.medicare.gov
<ul style="list-style-type: none"> Office of Human Resources (OHR) Health Insurance Team 		Fax: 240-777-5131 (Fax) Mail: OHR Health Insurance Team 101 Monroe Street, 7th Floor Rockville, MD 20850
<ul style="list-style-type: none"> Social Security Administration 	1-800-772-1213	www.ssa.gov