



## Important Benefits Contact Information

Resource	Phone	Web / Email
<b>Medical</b>		
<ul style="list-style-type: none"> <li>CareFirst BlueCross BlueShield</li> </ul>	1-888-417-8385	<a href="http://www.carefirst.com">www.carefirst.com</a> <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"> <li>Kaiser Permanente               <ul style="list-style-type: none"> <li>Washington area</li> <li>Baltimore area</li> </ul> </li> </ul>	301-468-6000 1-800-777-7902	<a href="https://healthy.kaiserpermanente.org">https://healthy.kaiserpermanente.org</a>
<ul style="list-style-type: none"> <li>UnitedHealthcare HMO</li> </ul>	1-800-638-0014	<a href="http://welcometouhc.com/mcg">http://welcometouhc.com/mcg</a> or <a href="http://www.myuhc.com">www.myuhc.com</a> <i>Tip: This plan utilizes the Select EPO network</i>
<b>Prescription</b>		
<ul style="list-style-type: none"> <li>Caremark</li> <li>SilverScript (Medicare-eligible retirees)</li> </ul>	1-866-240-4926 1-866-249-6167	<a href="http://www.caremark.com">www.caremark.com</a> <a href="http://www.mcg.silverscript.com">www.mcg.silverscript.com</a>
<b>Dental</b>		
<ul style="list-style-type: none"> <li>CIGNA</li> </ul>	1-800-244-6224	<a href="http://www.cigna.com">www.cigna.com</a>
<b>Vision</b>		
<ul style="list-style-type: none"> <li>EyeMed</li> </ul>	1-866-800-5457	<a href="http://www.eyemed.com">www.eyemed.com</a> Network: <i>Insight</i>
<b>Life, AD&amp;D, Optional Life and LTD1</b>		
<ul style="list-style-type: none"> <li>MetLife</li> </ul>	1-800-638-6420	<a href="http://www.metlife.com">www.metlife.com</a> <a href="http://www.lifeonlinecalculator.com/">http://www.lifeonlinecalculator.com/</a> <i>Life Insurance Needs Calculator</i>
<b>Flexible Spending Accounts</b>		
<ul style="list-style-type: none"> <li>Benefit Strategies</li> </ul>	1-888-401-3539	<a href="https://benstrat.com/participants_fsa.php">https://benstrat.com/participants_fsa.php</a> (general) <a href="https://benstrat.navigatorsuite.com">https://benstrat.navigatorsuite.com</a> (account access)
<b>Direct Bill and COBRA</b>		
<ul style="list-style-type: none"> <li>Benefit Strategies</li> </ul>	1-888-401-3539	<a href="https://benstrat.com/participants.php">https://benstrat.com/participants.php</a>
<b>Voluntary Benefits</b>		
<ul style="list-style-type: none"> <li>Aflac</li> </ul>	1-202-558-5142	<a href="http://www.aflac.com">www.aflac.com</a>
<b>General Information</b>		
<ul style="list-style-type: none"> <li>MC311 OHR Customer Service Center</li> </ul>	240-777-0311	<a href="http://www.mc311.com">www.mc311.com</a> 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"> <li>Medicare</li> </ul>	1-800-633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
<ul style="list-style-type: none"> <li>Office of Human Resources (OHR) Health Insurance Team</li> </ul>		Fax: 240-777-5131 (Fax) Mail: OHR Health Insurance Team 101 Monroe Street, 7th Floor Rockville, MD 20850
<ul style="list-style-type: none"> <li>Social Security Administration</li> </ul>	1-800-772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>