

IMPORTANT CONTACTS

CALIFORNIA



MEMBER OF THE
**PLUMBING &
MECHANICAL**
INDUSTRY

2023 - 2024

COVERAGE	CARRIER	PHONE #	WEBSITE / EMAIL
Medical	Blue Shield	(888) 256-1915	www.blueshieldca.com
	Kaiser	(800) 464-4000	www.kp.org
Chiropractic	American Specialty Health (Blue Shield partner)	(800) 678-9133	iapmohr.org/chiro
Dental	Delta Dental	HMO: (800) 422-4234	www.deltadentalins.com
		PPO: (888) 335-8227	
Vision	MES Vision (Blue Shield partner)	(877) 601-9083	www.mesvision.com
Flexible Spending Accounts (FSAs) Health Reimbursement Account (HRA)	WEX	(866) 451-3399	https://benefitslogin.wexhealth.com
Basic Life/AD&D	Blue Shield	(888) 800-2742	www.blueshieldca.com
Supplemental Life/AD&D and Disability	New York Life	(800) 842-4462	www.newyorklife.com
Employee Assistance Program (EAP)	New York Life	(800) 344-9752	www.guidanceresources.com
Voluntary Benefits	Aflac	(310) 500-0692	brandon_shirley@us.aflac.com
Pre-Paid Legal ID Theft	Pre-Paid Legal	(865) 293-2453	CAP@premiersolutionsintl.com
Pet Insurance	Pets Best	(888) 984-8700	www.petsbest.com/iapmo
401(k) Retirement Savings	Empower Retirement	(800) 743-5274	www.RetireSmart.com
Childcare	KinderCare	N/A	https://www.iapmohr.org/childcare