

# IMPORTANT CONTACTS

OUTSIDE CALIFORNIA



2023 - 2024

<b>COVERAGE</b>	<b>CARRIER</b>	<b>PHONE #</b>	<b>WEBSITE / EMAIL</b>
<b>Medical</b>	Blue Shield	(888) 256-1915	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
<b>Dental</b>	Delta Dental	PPO: (888) 335-8227	<a href="http://www.deltadentalins.com">www.deltadentalins.com</a>
<b>Vision</b>	MES Vision (Blue Shield partner)	(877) 601-9083	<a href="http://www.mesvision.com">www.mesvision.com</a>
<b>Flexible Spending Accounts (FSAs) Health Reimbursement Account (HRA)</b>	WEX	(866) 451-3399	<a href="https://benefitslogin.wexhealth.com">https://benefitslogin.wexhealth.com</a>
<b>Basic Life/AD&amp;D</b>	Blue Shield	(888) 800-2742	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
<b>Supplemental Life/AD&amp;D and Disability</b>	New York Life	(800) 842-4462	<a href="http://www.newyorklife.com">www.newyorklife.com</a>
<b>Employee Assistance Program (EAP)</b>	New York Life	(800) 344-9752	<a href="http://www.guidanceresources.com">www.guidanceresources.com</a>
<b>Voluntary Benefits</b>	Aflac	(832) 277-3140	<a href="mailto:brandon_shirley@us.aflac.com">brandon_shirley@us.aflac.com</a>
<b>Chiropractic</b>	American Specialty Health (Blue Shield partner)	(800) 678-9133	<a href="http://lapmohr.org/chiro">lapmohr.org/chiro</a>
<b>Pre-Paid Legal ID Theft</b>	Pre-Paid Legal	(865) 293-2453	<a href="mailto:CAP@premiersolutionsintl.com">CAP@premiersolutionsintl.com</a>
<b>Pet Insurance</b>	Pets Best	(888) 984-8700	<a href="http://www.petsbest.com/iapmo">www.petsbest.com/iapmo</a>
<b>401(k) Retirement Savings</b>	Empower Retirement	(800) 743-5274	<a href="http://www.RetireSmart.com">www.RetireSmart.com</a>
<b>Childcare</b>	KinderCare	N/A	<a href="https://www.iapmohr.org/childcare">https://www.iapmohr.org/childcare</a>