

## 2022 Benefits Contact Information

Category	Provider/Agency	Policy/Plan Number	Phone	Internet Address
401k	<b>Empower Retirement</b> - 401(k) Deferred Compensation	Group #: 150004-01	1-844-465-4455	<a href="http://www.empowermyretirement.com">www.empowermyretirement.com</a>
401k	<b>Charles Schwab</b> Direct Line		1-888-393-7272	
457	<b>Dept. of Retirement Systems</b> - 457 Deferred Compensation Plan		1-888-327-5596	<a href="http://www.drs.wa.gov/dcp">www.drs.wa.gov/dcp</a>
Dental – Willamette (DMO)	<b>Willamette Dental</b> of Washington - DMO	Policy #: Z145	Appts: 1-800-359-6019 Customer Service: 1-800-360-1909	<a href="http://www.willamettedental.com">www.willamettedental.com</a>
Dental – Delta Dental (PPO)	<b>Delta Dental of Washington</b> - PPO	Policy #: 768	1-800-554-1907	<a href="http://www.deltadentalwa.com">www.deltadentalwa.com</a>
Dental – Delta Care (DMO)	<b>Delta Care 10</b> (Delta Dental) - DMO	Policy #: 00595	1-800-554-1907	<a href="http://www.deltadentalwa.com">www.deltadentalwa.com</a>
EAP	Employee Assistance Program (EAP) - [Administered by Uprisehealth]	Access online: Use “ <b>ennw</b> ” as access code.	1-866-750-1327	<a href="http://www.uprisehealth.com">www.uprisehealth.com</a>
FSA	Health/Dependent Care Flexible Spending Accounts [Administered by <b>Rehn &amp; Assoc.</b> ]	Plan Number: 503	1-800-872-8979	<a href="https://cdh.rehnonline.com/">https://cdh.rehnonline.com/</a>
HSA	<b>Health Equity</b>		1-844-351-6853	<a href="http://www.healthequity.com/pebb">http://www.healthequity.com/pebb</a>
Identity Theft Insurance / Credit Monitoring	<b>IDExperts</b>		1-866-440-1146	<a href="https://www.idexpertscorp.com/membership/">https://www.idexpertscorp.com/membership/</a>
Life and AD&D	<b>Cigna</b>	FLX966284	1-800-36CIGNA (24462) or 1-866-562-8421	<a href="http://www.Cigna.com/customer-forms">www.Cigna.com/customer-forms</a> <a href="https://my.cigna.com/web/public/guest">https://my.cigna.com/web/public/guest</a>
Medical – Kaiser Permanente (formerly Group Health)	<b>Kaiser Permanente WA</b> Classic (HMO) <b>Kaiser Permanente WA</b> Value (HMO) <b>Kaiser Permanente NW</b> Consumer Directed Health Plan (CDHP)	Group #6503 Group # 4090000	1-888-901-4636 1-800-833-6388 (TTY/TDD)	<a href="https://wa-my.kp.org/pebb/">https://wa-my.kp.org/pebb/</a>
Medical - UMP	<b>Uniform Medical Plan</b> (UMP) Administered by Regence Blue Shield <b>Uniform Medical Plan</b> – Classic, Select & Consumer Directed Health Plan (CDHP)	Group #: 10003948  Account set-up password 34850	1-888-849-3681 1-888-923-5622 (TTY) or 360-923-2701	<a href="https://ump.regence.com/pebb">https://ump.regence.com/pebb</a>
Medical – UMP Prescriptions	<u>Washington State Rx Services</u> ’ mail-order pharmacy for UMP	On medical card (Subscriber ID)	<u>Questions, Network Pharmacies:</u> 1-888-361-1611 <u>Mail Order:</u> PPS 1-800-552-6694 BioScrip 1-877-316-8921	<a href="http://www.ump.hca.wa.gov">www.ump.hca.wa.gov</a>
PEBB	<b>Washington State Health Care Authority</b> (Administrator for Medical Coverage through the Public Employees Benefit Board ( <b>PEBB</b> ))	Agency # 900 Sub Agency # B79	1-800-200-1004	<a href="https://www.hca.wa.gov/employee-retiree-benefits">https://www.hca.wa.gov/employee-retiree-benefits</a>
PERS	Public Employees’ Retirement System (PERS) – [Administered by <b>Washington State Department of Retirement Systems (DRS)</b> ]	Password to set up PERS3 account: 107182	1-800-547-6657 1-866-377-8895 (TTD)	<a href="http://www.drs.wa.gov">www.drs.wa.gov</a>  E-mail: <a href="mailto:recep@drs.wa.gov">recep@drs.wa.gov</a>
PERS 3 Investments	Public Employee Retirement System 3 (PERS 3) – [Administered by <b>DRS</b> ]		1-800-547-6657	<a href="http://www.drs.wa.gov">www.drs.wa.gov</a>
STD/LTD	<b>CIGNA</b> To initiate a disability claim, call 1-800-36CIGNA (24462) or 1-866-562-8421	STD: VDT961700 LTD: VDT 961701	1-800-36CIGNA (24462) or 1-866-562-8421	<a href="http://www.cigna.com/customer-forms">www.cigna.com/customer-forms</a> <a href="https://my.cigna.com/web/public/guest">https://my.cigna.com/web/public/guest</a>
VEBA	HRA VEBA	Employer ID: YA088	1-888-659-8828 1-763-582-3470 (fax)	<a href="http://www.hraveba.org">www.hraveba.org</a>
Vision	Vision Service Plan ( <b>VSP</b> )	Group #: 12009865	1-800-877-7195 1-800-428-4833 (TDD)	<a href="http://www.vsp.com">www.vsp.com</a>
WA Paid Family & Medical Leave	Washington’s Paid Family and Medical Leave Program		1-833-717-2273	<a href="https://paidleave.wa.gov/workers">https://paidleave.wa.gov/workers</a>

