

2023 Benefits Contact Information

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