

## Health and Benefit Provider List

<u>Plan Office</u>	1-877-667-5522	Toll Free Number to be used by PARTICIPANTS ONLY
<u>Verify System</u>	1-410-850-8500	To obtain your eligibility and what benefits you are eligible to receive under the Plan. <i>Available to Providers for verification of eligibility and to obtain status on claims paid over the last six months.</i>
<u>CIGNA HealthCare</u>	1-800-768-4695	<a href="http://www.cignasharedadministration.com">http://www.cignasharedadministration.com</a>  1. Click on <b>For Taft-Hartley Plan Members</b> 2. Click on <b>Medical Shared Administration</b> . The screen that appears will be titled <b>Medical Shared Administration Plans</b> . 3. Go to the middle of that page. 4. Click on <b>Shared Administration PPO Provider Directory</b> 5. Provide the information requested to find a CIGNA network provider.
<u>Multiplan</u>  For a MultiPlan PPO (hospital, physician, lab, etc.) in your area.	1-800-464-0292	<a href="http://www.multiplan.com/">http://www.multiplan.com/</a>
<u>CVS Caremark</u>  For Questions concerning Prescription Drugs	Retail & Mail Order: 1-888-364-6815	<a href="http://www.caremark.com">http://www.caremark.com</a>  To find the cost of your prescription you must have your own login.
<u>EyeMed</u>  For information concerning In-Network Optical Program	1-866-299-1358	<a href="http://www.enrollwitheyemed.com/select">http://www.enrollwitheyemed.com/select</a>  Plan Number: 9706318
<u>Vision Service plan</u>  Log on to receive discounts on Optical Services		<a href="https://www.vsp.com/member/htmls/member_home.jsp">https://www.vsp.com/member/htmls/member_home.jsp</a>  Sign On in the white box
<u>Delta Dental Organization</u>  To locate a Dentist in the Network	1-800-932-0783	<a href="http://www.MidAtlanticDeltaDental.com">http://www.MidAtlanticDeltaDental.com</a>  Delta Premier Option
<u>Prudential Long-Term Care</u>	1-800-732-0416	<a href="http://www.prudential.com/glctweb/mmp">http://www.prudential.com/glctweb/mmp</a>  Call 8 am to 8 pm ET, Monday through Friday, or email Prudential at <a href="mailto:l4c4me@prudential.com">l4c4me@prudential.com</a>
<u>Ceridian - Life Balance</u>  Employees' Assistance Program	1-800-811-2849	<a href="http://www.lifeworks.com/">http://www.lifeworks.com/</a>  Company Name: MMP Password: 5100
<u>Disability Insurance Program</u>	1-800-456-3162	For active participants. This insurance is through Lloyd's of London and the broker is Willis, located in Potomac, MD. Contact person is Angela Mitchell at extension 3032
<u>Fidelity Investments</u>  401 (K) Provider	1-866-84UNION	<a href="http://www.fidelity.com">http://www.fidelity.com</a>
<u>Vanguard</u>  Member Self directed IRAP Provider	1-800-523-1188	<a href="http://www.vanguard.com">http://www.vanguard.com</a>