

Benefit Contacts

Benefit	Website	Phone
Carrum Health (UMR PPO)	info.carrumhealth.com/csveba	888-855-7806
Cigna HMO	cignahealthcare.com	800-244-6224
Delta Dental HMO	deltadentalins.com	800-422-4234
Delta Dental PPO	deltadentalins.com	866-499-3001
Express Scripts (for UHC and UMR plans)	express-scripts.com	800-918-8011
HealthInvest HRA (UHC Harmony & Alliance)	healthinvesthra.com	844-342-5505
Inside Rx Pets	insiderxpets.com	800-722-8979
UHC "Journey" Harm. & All. w/ HRA	vebaonline.com/journey-plan	888-586-6365
Kaiser \$15 & \$25 HMO	my.kp.org/veba	800-464-4000
Kindbody Fertility Solutions	kindbody.com/veba	855-950-2053, Option 3
Optum Emotional Wellbeing Solutions (EWS) <i>formerly EAP</i>	liveandworkwell.com access code: VEBA	888-625-4809
OptumHealth (Chirop./Acup. for UHC and Kaiser plans)	myoptumhealthphysicalhealthofca.com	800-428-6337
UHC Surest PPO (OOA)	surest.com/contact-us	866-683-6440
Teladoc Medical Experts	teladoc.com/medical-experts	800-835-2362
UMR Select Plus PPO	umr.com	800-826 9781
UnitedHealthcare (UHC)	whyuhc.com/csveba	888-586-6365
VEBA Advocacy	vebaonline.com/contact	888-276-0250
VSP Vision Care	vsp.com	800-877-7195