

BENEFIT PLAN CONTACTS

Provider	Plan #	Phone	Website
MEDICAL PLANS			
Blue Cross POS	56102A	800-288-6921 Behavioral Health 800-399-2421	www.bluecrossca.com
Kaiser Permanente	104229	800-464-4000 619-516-6620	www.kp.org
SIMNSA	159	U.S. 619-407-4082 Tijuana (011-52)664-683-3005	www.simnsa.com
DENTAL PLANS			
PacifiCare DHMO	107333	800-228-3384	www.pacificare-dental.com
United HealthCare PPO	516770	877-816-3596	www.myuhcdental.com
VISION PLAN			
Vision Service Plan (VSP)	12228779	800-877-7195	www.vsp.com
FLEXIBLE SPENDING ACCOUNTS (Health Care, Dependent Care, and Commuter Plan)			
Creative Benefits	N/A	888-295-5656	www.creativebenefits.com
LIFE AND DISABILITY PLANS			
AD&D (Basic)	301034	866-293-1794	www.unimericaonline.com
AD&D (Voluntary)	301034	866-293-1794	www.unimericaonline.com
Basic Life	301034	866-293-1794	www.unimericaonline.com
Voluntary Term Life	301034	866-293-1794	www.unimericaonline.com
Long Term Disability	301034	866-293-1794	www.unimericaonline.com

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EMPLOYEE ASSISTANCE PROGRAM			
HorizonCare Services	N/A	800-342-8111	www.integratedinsights.com
COBRA ADMINISTRATION			
Creative Benefits	N/A	877-430-5519	www.creativebenefits.com
HEALTH ADVOCATE PROGRAM			
Health Advocate	NA	866-695-8622	answers@healthadvocate.com email
RETIREMENT PLANS			
TIAA-CREF	N/A	800-842-2776	www.tiaa-cref.org/usd
AIG VALIC	48786	619-421-2222 800-448-2542	www.AIGRetirement.com
Fidelity Investments	69679	800-343-0860	www.fidelity.com
VOLUNTARY INDIVIDUAL LONG TERM CARE PLANS			
Met Life	N/A	619-683-6265 619-282-8399	www.metlife.com
Genworth Financial	N/A	888-737-4594	www.genworth.com