



Benefits Directory

Children's Benefits Center	1-866-651-1479	7:30am — 9:00pm, Monday—Friday https://home.eease.com/login email: cnmcbenefits@cnmc.org
Human Resources	202-745-3160	http://intranet/departments/hr/benefits.cfm
Children's Health Plan PPO Children's Dental COBRA	1-888-259-7022	www.mymeritain.com (coverage, claims, and cobra) www.onenetppo.com (PPO network)
Express Scripts Pharmacy	1-800-451-6245	www.express-scripts.com
Flexible Spending Accounts	1-800-999-9798	www.mymeritain.com
Kaiser Permanente HMO	301-468-6000 or 1-800-777-7902	www.kp.org
M.D. IPA HMO	1-800-331-2102	www.mamsiunitedhealthcare.com
Aetna HMO	1-877-402-8742	www.aetna.com
DentaQuest (Dental HMO)	1-888-788-8600	www.dentaquestdental.com
Vision Services Plan (VSP)	1-800-877-7195	www.vsp.com
OTHER BENEFITS		
Group Life AD&D Voluntary STD Voluntary Life Insurance	1-800-635-5597	www.unum.com/products/individual/indivClaims.aspx (STD Claims)
Group Long Term Disability	1-800-752-9713	www.thehartford.com (claims)
Employee Assistance	1-800-765-0770	http://www.apshealthcare.com
Pre-Paid Legal Services	1-800-654-7757	www.prepaidlegal.com/hub/coppadge
Fidelity Investments	1-888-461-2662	www.mysavingsatwork.com/atwork.htm
Back Up Child & Elder Care	1-800-557-0847	www.workoptionsgroup.com
Long Term Care Insurance	1-800-603-7999	www.futureguardltc.com/cnmc
GlobalFit	1-800-294-1500	www.globalfit.com (fitness network)