

Benefit Contacts



If you have benefit questions
and you aren't able to find the
answers you are looking for,
reach out to us.

The Benefits Team
Monday - Friday
8:15 a.m. - 5:00 p.m. EST
benefits@gmhec.org
802-443-5485



[HealthEquity](#) (Health Savings Account - HSA)

View HSA balance information, submit claims, upload documentation, manage investments.
866-346-5800

[InvestEAP](#) Password: **midd**

Use as a resource for yourself and your household when life's challenges arise.
866-660-9533

[MyCigna](#) (Medical)

Access your Medical Insurance Card, Cigna Telehealth Connection - MD Live, track your claims, get answers to FAQs.
800-244-6224 - member support **888-806-5042** - pre-enrollment Cigna One Guide

[MyCigna - Total Behavioral Health](#) (Medical)

Access Cigna's programs to help with mental health and well-being challenges.

[My Secure Advantage](#)

Financial coaching and support.
888-724-2326

[Nationwide Pet Insurance](#)

Get quotes or enroll in Nationwide Pet Insurance.
877-738-7874

[Navia](#) (Flexible Spending Account - FSA)

Access your Flexible Spending Account (FSA), enter direct deposit information, request reimbursement.
800-669-3539

[Northeast Delta Dental](#)

Find providers, view balances, view coverage info, register for HOW®.
800-832-5700

[Unum Travel Assistance - Assist America](#)

If you travel 100+ miles from home, download the Assist America Mobile App for all kinds of support in the event of an emergency.
800-872-1414 - in the U.S. **(US Access Code)+609-986-1234** - outside the U.S.

[TIAA](#) (Retirement)

Access calculators and tools that may help your retirement plan, view your balances and manage your investments. [Download the app.](#)
800-842-2252

[VSP](#) (Vision)

Calculate possible vision care savings, find in-network providers, view special offers.
800-877-7195

[Well-Being Resources](#)

Take a look at the guide to the well-being resources you have access to through our Well-Being Coordinator, Rebecca Schubert of GMHEC.

[Well-Being Calendar](#)

All the Well-Being events - from virtual workouts to webinars.