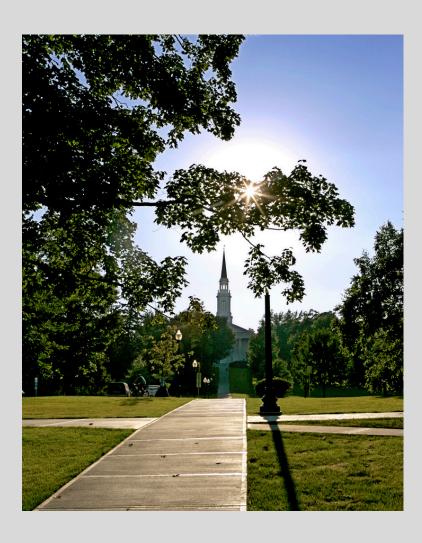
Benefit Contacts



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. <u>Download the app.</u>

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.