

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, Flexible Spending Accounts
FSAs, COBRA continuation of coverage & HRAs)

View HSA balance information, submit claims, upload documentation, manage
investments.

HSA Help: 866-346-5800

FSA Help: [877.924.3967](#)

[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

[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.