


Plan	Phone	Website
MEDICAL PLANS		
Aetna Select SM EPO, Choice [®] POS II	1-800-501-9837	1-800-501-9837 (TTY/TDD) www.aetnamd.com
CareFirst BlueCross BlueShield EPO, POS, PPO	1-800-225-0131	1-800-735-2258 (TTY) www.carefirst.com/statemd
UnitedHealthcare Select EPO, ChoicePlus POS, Options PPO	1-800-382-7513	1-800-553-7109 (TTY/TDD) www.uhcmaryland.com
BEHAVIORAL HEALTH PLAN (FOR MEMBERS IN PPO AND POS HEALTH PLANS – EPO MEMBERS USE EPO)		
APS Healthcare	1-877-239-1458	www.APSHelpLink.com MD State Code: SOM2002
PRESCRIPTION DRUG PLAN		
Express Scripts, Inc.	1-877-213-3867	www.express-scripts.com
DENTAL PLANS		
United Concordia DHMO and DPPO	1-888-MD-TEETH (1-888-638-3384)	www.unitedconcordia.com/ statemd
FLEXIBLE SPENDING ACCOUNTS		
ConnectYourCare	1-866-971-4646	www.connectyourcare.com/ statemd
TERM LIFE INSURANCE PLAN		
MetLife	1-866-492-6983	1-877-610-2954 www.metlife.com/mybenefits (group name: State of Maryland)
ACCIDENTAL DEATH AND DISMEMBERMENT PLAN		
MetLife	1-866-492-6983	1-877-610-2954 www.metlife.com/mybenefits (group name: State of Maryland)
LONG TERM CARE INSURANCE		
The Prudential Insurance Company of America	1-800-732-0416	www.prudential.com/gltcweb/ maryland

HELPFUL CONTACTS

State Retirement Pension System	410-625-5555 or 1-800-492-5909	www.sra.state.md.us
Social Security Administration (Medicare)	1-800-772-1213	www.ssa.gov

EMPLOYEE BENEFITS DIVISION

301 West Preston Street Room 510 Baltimore, MD 21201	410-767-4775 Fax: 410-333-7104 1-800-30-STATE (1-800-307-8283) Email us at: ebdmail@dbm.state.md.us	 www.dbm.maryland.gov/benefits (or scan the QR code to the left to go directly to our website)
--	---	--