

BENEFITS INFORMATION NUMBERS

Benefits Coordinator: Lee Ann Nightingale, x4398

	Website	Phone Number
Aetna POS	www.aetna.com	1-800-501-9837
AFSCME	www.afscmecouncil92.org	301-724-0010
AIG VALIC	www.aigvalic.com	1-800-492-2452
CareFirst Blue Cross/Blue Shield MD --State Operations Center	www.Carefirst.com/statemd	1-800-225-0131 (PPO) 1-800-203-2763(POS) 1-800-445-6036 (HMO)
Catalyst (Prescription Plan)	https://www.catalystrx.com/www/index.jsp	1-888-869-4600
Dental Plans: United Concordia DHMO & DPPO	www.ucci.com	1-888-638-3384
Employee Assistance Program		1-410-767-1012
Fidelity Financial	www.fidelity.com	1-800-328-6608
Flexible Spending Account Admin. – SHPS	www.shps.com	1-877-358-4276
Kaiser Permanente HMO	www.KaiserPermanente.org	1-800-777-7902
MAMSI Plans –MLH Eagle, MD-IPA & Optimum Choice	www.MAMSI.com	1-800-447-6267
Maryland Retirement & Pension Systems	www.msrp.state.md.us	1-800-492-5909 1-410-725-5555
MCEA	www.mcea.org	301-724-8770
Mental Health/Substance Abuse Plan APS Healthcare, Inc.	www.apshelplink.com <i>(password: SOM2002)</i>	1-877-239-1458
Metropolitan Life – (Accidental Death and Dismemberment)	www.metlife.com	1-888-842-2757
Nationwide Retirement Solutions	www.marylanddc.com	1-800-966-6355
Prudential Financial (Long Term Care)	www.prudential.com/gltc <i>(username: Maryland; password: marylandltc)</i>	1-800-732-0416
The Standard Insurance Co. (Term Life)	www.standard.com/mybenefits/maryland	1-888-246-9002
State Employee Credit Union (SECU) LaVale Office	www.secumd.org	1-800-879-7238 1-301-729-3343
State of Maryland Employee Benefits Division	www.dbm.maryland.gov	1-800-307-8283
Susquehanna Bank (FSU Office) – Lane Center	www.susquehanna.net	9-301-689-2507
TIAA-CREF (General Number)	www.tiaa-cref.org	1-800-842-2733
Tongue, R.K. Co., Inc.	www.rktongue.com	1-800-638-6353
United Buying Service	www.ubs4cars.com	1-410-792-9070
UNUM Life Insurance Long Term Disability	http://w3.unum.com/enroll/USM_LTD/index.aspx	1-866-762-8705