**FREQUENTLY CALLED NUMBERS FOR VERIZON ACTIVE MEMBERS**

**VERIZON BENEFITS CENTER 1.855.489.2367 www.verizon.com/benefitsconnection**

**MEDICAL Anthem MCN 1.866.832.1229 Anthem MEP/PPO 1.866.832.1229 Kaiser Permanente (DC,MD,VA) 1.855.249.5018 TDD 301.879.6380**

**PRESCRIPTION (Rx) Express Scripts 1.877.877.1878**

**DENTAL Preferred Dentist Plan MetLife PDP 1.800.988.8331 Dental DMO Plan 1.877.238.6200**

**VISION Vision Care Plan Davis Vision 1.877.999.7006**

**DISABILITY MetLife 1.800.638.4228**

**LIFE INSURANCE/AD&D Prudential 1.888.989.4778**

**SPENDING ACCOUNTS Verizon Benefits Center 1.855.489.2367 Fax 1.855.785.3471**

**SAVINGS AND RETIREMENT PLAN - 401(k) Fidelity 1.888.457.9333**

**LONG-TERM CARE - ALL PLANS (closed to new entrants) Mutual of Omaha (Former Bell Atlantic) 1.800.877.1052 MetLife 1.866.414.7076 Prudential 1.888.989.4778**

**EMPLOYEE ASSSISTANCE PROGRAM (EAP) 1.888.441.8674**

**BACK UP CARE ADVANTAGE PROGRAM 1.877.242.2737 www.acfccares.com username: VerizonCWA password: care4you**

**HEALTH CARE BENEFITS COORDINATOR Ines Millard 1.888.571.7218 Ines.L.Millard@verizon.com**

**FREQUENTLY CALLED NUMBERS FOR VERIZON RETIRED MEMBERS**

**VERIZON BENEFITS CENTER 1.855.489.2367 www.verizon.com/benefitsconnection**

**PRE-MEDICARE MEDICAL Anthem MCN 1.866.832.1229 Kaiser Permanente (DC,MD,VA) 1.855.249.5018 TDD 301.879.6380**

**MEDICARE-ELIGIBLE MEDICAL United Healthcare 1.877.211.6548**

**PRESCRIPTION (Rx) Express Scripts 1.877.877.1878**

**RETIREE DENTAL Preferred Dental Plan MetLife PDP 1.800.988.8331 Dental DMO Plan 1.877.238.6200**

**VISION Verizon Retiree Value Advantage 1.877.999.7006**

**LIFE INSURANCE/AD&D Prudential 1.888.989.4778**

**LONG-TERM CARE - ALL PLANS (closed to new entrants) Mutual of Omaha (Former Bell Atlantic) 1.800.877.1052 MetLife 1.866.414.7076 Prudential 1.888.989.4778**

**CONCESSION TELEPHONE SERVICE 1.800.898.3886**

**RETIREE HEALTH CARE BENEFITS COORDINATOR Tom Ballek 1.866.248.4449 Thomas.L.Ballek@verizon.com**

**PRINCIPAL FINANCIAL 1.800.986.3343**

**www.principal.com**