

## FREQUENTLY CALLED NUMBERS FOR VERIZON ACTIVE MEMBERS

<b>VERIZON BENEFITS CENTER</b>	<b>1.855.489.2367</b>
<a href="http://www.verizon.com/benefitsconnection">www.verizon.com/benefitsconnection</a>	
<b>MEDICAL</b>	
Anthem MCN	<b>1.866.832.1229</b>
Anthem MEP/PPO	<b>1.866.832.1229</b>
Kaiser Permanente (DC,MD,VA)	<b>1.855.249.5018</b>
TDD	<b>301.879.6380</b>
<b>PRESCRIPTION (Rx)</b>	
Express Scripts	<b>1.877.877.1878</b>
<b>DENTAL</b>	
Preferred Dentist Plan MetLife PDP	<b>1.800.988.8331</b>
Dental DMO Plan	<b>1.877.238.6200</b>
<b>VISION</b>	
Vision Care Plan Davis Vision	<b>1.877.999.7006</b>
<b>DISABILITY</b>	
Sedgwick	<b>1.800.638.4228</b>
<b>LIFE INSURANCE/AD&amp;D</b>	
Prudential	<b>1.888.989.4778</b>
<b>SPENDING ACCOUNTS</b>	
Verizon Benefits Center	<b>1.855.489.2367</b>
Fax	<b>1.855.785.3471</b>
<b>SAVINGS AND RETIREMENT PLAN - 401(k)</b>	
Fidelity	<b>1.888.457.9333</b>
<b>LONG-TERM CARE - ALL PLANS (closed to new entrants)</b>	
Mutual of Omaha (Former Bell Atlantic)	<b>1.800.877.1052</b>
MetLife	<b>1.866.414.7076</b>
Prudential	<b>1.888.989.4778</b>

<b>EMPLOYEE ASSISTANCE PROGRAM (EAP)</b>	<b>1.888.441.8674</b>
<b>BACK UP CARE ADVANTAGE PROGRAM</b>	<b>1.877.242.2737</b>
www.acfccaes.com	
username: VerizonCWA	
password: care4you	
<b>HEALTH CARE BENEFITS COORDINATOR</b>	
Ines Millard	<b>1.888.571.7218</b>
Ines.L.Millard@verizon.com	

**FREQUENTLY CALLED NUMBERS FOR VERIZON RETIRED MEMBERS**

<b>VERIZON BENEFITS CENTER</b>	<b>1.855.489.2367</b>
www.verizon.com/benefitsconnection	
<b>PRE-MEDICARE MEDICAL</b>	
Anthem MCN	<b>1.866.832.1229</b>
Kaiser Permanente (DC,MD,VA)	<b>1.855.249.5018</b>
TDD	<b>301.879.6380</b>
<b>MEDICARE-ELIGIBLE MEDICAL</b>	
United Healthcare	<b>1.877.211.6548</b>
<b>PRESCRIPTION (Rx)</b>	
Express Scripts	<b>1.877.877.1878</b>
<b>RETIREE DENTAL</b>	
Preferred Dental Plan MetLife PDP	<b>1.800.988.8331</b>
Dental DMO Plan	<b>1.877.238.6200</b>
<b>VISION</b>	
Verizon Retiree Value Advantage	<b>1.877.999.7006</b>
<b>LIFE INSURANCE/AD&amp;D</b>	
Prudential	<b>1.888.989.4778</b>
<b>LONG-TERM CARE - ALL PLANS (closed to new entrants)</b>	
Mutual of Omaha (Former Bell Atlantic)	<b>1.800.877.1052</b>

**MetLife**  
**Prudential**

**1.866.414.7076**  
**1.888.989.4778**

**CONCESSION TELEPHONE SERVICE**

**1.800.898.3886**

**RETIREE HEALTH CARE BENEFITS COORDINATOR**

**Tom Ballek**  
**Thomas.L.Ballek@verizon.com**

**1.866.248.4449**

**PRINCIPAL FINANCIAL**

**1.800.986.3343**

**[www.principal.com](http://www.principal.com)**