

# CONTACT INFORMATION

	Phone	Online	Policy #/Reference
<b>KAISER HMO</b>			
Member Services	800-464-4000	<a href="http://www.kp.org">www.kp.org</a>	Medical record # on Kaiser ID card
<b>UNITEDHEALTHCARE (UHC)</b>			
HMO Member Services	800-624-8822	<a href="http://www.myuhc.com">www.myuhc.com</a>	UHC ID card
UMR Nexus PPO Member Services	800-826-9781	<a href="http://www.umar.com">www.umar.com</a>	UHC/UMR ID card
Express Scripts	800-918-8011	<a href="http://www.expressscripts.com">www.expressscripts.com</a>	ESI ID card
Inside Rx Pets	800-722-8979	<a href="https://insiderxpets.com/">https://insiderxpets.com/</a>	
<b>VEBA PROGRAMS</b>			
Advocacy & Wellness	888-276-0250	<a href="http://www.vebaonline.com">www.vebaonline.com</a>	GCCCD
BEST Doctors®	866-904-0910	<a href="http://www.bestdoctors.com">www.bestdoctors.com</a>	VEBA
<b>OPTUM HEALTH</b>			
Chiropractic & Acupuncture	800-428-6337	<a href="http://www.myoptumhealthphysicalhealthofca.com">www.myoptumhealthphysicalhealthofca.com</a>	VEBA
<b>SIMNSA HEALTH PLAN</b>	San Diego: 619-407-4082		
Cross-Border HMO Plan	Tijuana: 01 800 800-1491 Mexicali: 686-555-6322	<a href="http://www.simnsa.com">www.simnsa.com</a>	
<b>OPTUM HEALTH EAP</b>			
24-7 Referrals	888-625-4809	<a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a>	access code: veba
<b>DELTA DENTAL</b>			
DHMO Member Services	800-422-4234	<a href="http://www.deltadentalins.com">www.deltadentalins.com</a>	71691
PPO Member Services	800-765-6003		7128
<b>VSP VISION PLAN</b>			
Member Services	800-877-7195	<a href="http://www.vsp.com">www.vsp.com</a>	121832780
<b>THE HARTFORD LIFE/AD&amp;D AND DISABILITY</b>			
Basic and Supplemental Life	800-231-5453	<a href="http://www.thehartfordatwork.com">www.thehartfordatwork.com</a>	875040
Supplemental AD&D	800-231-5453		507819 Plan A
Long Term Disability	877-778-1383		875040
<b>TASC FLEXIBLE SPENDING ACCOUNTS</b>			
Account Services	800-422-4661	<a href="http://www.tasconline.com">www.tasconline.com</a>	GCCCD
<b>UNUM LONG TERM CARE</b>	Claims: 800-633-7479		
Enrollment	800-227-4165	<a href="http://www.unuminfo.com/consortium">www.unuminfo.com/consortium</a>	105237
Member Services	800-421-0344		
<b>MET LIFE PRE-PAID LEGAL SERVICES</b>			
Client Service Center	800-821-6400	<a href="https://info.legalplans.com">https://info.legalplans.com</a>	access code: 1680005
<b>COLONIAL LIFE INCOME PROTECTION PLANS</b>			
Enrollment/Changes	Brian Akian 714-609-1605	<a href="mailto:Brian.Akian@ColonialLifeSales.com">Brian.Akian@ColonialLifeSales.com</a>	E4471892
Member Services	800-325-4368	<a href="http://www.coloniallife.com">www.coloniallife.com</a>	
<b>LIBERTY MUTUAL</b>			
Auto & Home Insurance	858-255-3973	<a href="https://www.libertymutual.com/gcccd">https://www.libertymutual.com/gcccd</a>	136348
Pet Discount Program	858-255-3973	<a href="mailto:Susanne.Schaible@LibertyMutual.com">Susanne.Schaible@LibertyMutual.com</a>	
<b>FBC DEFERRED COMPENSATION PLAN</b>			
SchoolsFirst	Enrollment & deferral changes:	<a href="https://pa.schoolsfirstcu.org/">https://pa.schoolsfirstcu.org/</a>	GCCCD
Customer Service	800-462-8328		
Retirement Plan Advisor	Joel Romero 619-894-2903	<a href="mailto:joel.romero@empower-retirement.com">joel.romero@empower-retirement.com</a>	
<b>HUMAN RESOURCES</b>			
Benefits Technician	619-644-7643	<a href="http://www.gcccd.edu/benefits/default.html">www.gcccd.edu/benefits/default.html</a>	
<b>BENEFITS ADVOCATE</b>			
McGriff Insurance Services	800-914-5096	<a href="mailto:BenefitsAdvocate@McGriff.com">BenefitsAdvocate@McGriff.com</a>	GCCCD