



## CONTACT INFORMATION

	Phone	Online	Policy #/ Reference
Kaiser HMO	800-464-4000	<a href="http://www.kp.org">www.kp.org</a>	Medical record # on Kaiser ID card
UnitedHealthcare (UHC) HMO Member Services UMR Nexus PPO Member Svcs Express Scripts Inside Rx Pets	888-586-6365 800-826-9781 800-918-8011 800-722-8979	<a href="http://www.myuhc.com">www.myuhc.com</a> <a href="http://www.umar.com">www.umar.com</a> <a href="http://www.expressscripts.com">www.expressscripts.com</a> <a href="https://insidexpets.com/">https://insidexpets.com/</a>	UHC ID card UHC/UMR ID card ESI ID card
VEBA Programs Advocacy & Wellness Teledoc Medical Experts	888-276-0250 866-904-0910	<a href="http://www.vebaonline.com">www.vebaonline.com</a> <a href="http://www.teledoc.com/medical-experts">www.teledoc.com/medical-experts</a>	GCCCD VEBA
Optum Health Chiropractic & Acupuncture	800-428-6337	<a href="http://www.myoptumhealthphysicalhealthofca.com">www.myoptumhealthphysicalhealthofca.com</a>	VEBA
SIMNSA Health Plan Cross-Border HMO Plan	San Diego: 619-407-4082 Tijuana: 01 800 800-1491 Mexicali: 686-555-6322	<a href="http://www.simnsa.com">www.simnsa.com</a>	
Optum Health EAP 24-7 Referrals	888-625-4809	<a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a>	access code: veba
Delta Dental DHMO Member Services PPO Member Services	800-422-4234 800-765-6003	<a href="http://www.deltadentalins.com">www.deltadentalins.com</a>	
VSP Vision Plan	800-877-7195	<a href="http://www.vsp.com">www.vsp.com</a>	121832780
The Hartford Basic & Supplemental Life Supplemental AD&D Long Term Disability	800-231-5453 800-231-5453 877-778-1383	<a href="http://www.thehartford.com">www.thehartford.com</a>	875040 S07819 Plan A 875040
TASC FSA	800-422-4661	<a href="http://www.tasconline.com">www.tasconline.com</a>	GCCCD
Unum Long Term Care Enrollment Member Services	Claims: 800-633-7479 800-227-4165 800-421-0344	<a href="http://www.unuminfo.com/consortium">www.unuminfo.com/consortium</a>	105237
Met Life Pre-Paid Legal Services	800-821-6400	<a href="https://info.legalplans.com">https://info.legalplans.com</a>	access code: 1680005
Colonial Life Income Protection Plans Enrollment/Changes Member Services	Brian Akian 714-609-1605 800-325-4368	<a href="mailto:Brian.Akian@ColonialLifeSales.com">Brian.Akian@ColonialLifeSales.com</a> <a href="http://www.coloniallife.com">www.coloniallife.com</a>	E4471892
Liberty Mutual Auto & Home Insurance Pet Discount Program	858-255-3973 858-255-3973	<a href="https://www.libertymutual.com/gcccd">https://www.libertymutual.com/gcccd</a> <a href="mailto:Susanne.Schaible@LibertyMutual.com">Susanne.Schaible@LibertyMutual.com</a>	136348
FBC Deferred Compensation Plan SchoolsFirst Customer Service Retirement Plan Advisor	800-462-8328 John Ma 619-430-0711	<a href="https://fbc-retire.com/">https://fbc-retire.com/</a> <a href="https://pa.schoolsfirstfcu.org/">https://pa.schoolsfirstfcu.org/</a> <a href="mailto:john.ma@empower-retirement.com">john.ma@empower-retirement.com</a>	GCCCD
Human Resources Benefits Technician	619-644-7643	<a href="http://www.gcccd.edu/benefits/default.html">www.gcccd.edu/benefits/default.html</a>	
Benefits Advocate McGriff Insurance Services	800-914-5096	<a href="mailto:BenefitsAdvocate@McGriff.com">BenefitsAdvocate@McGriff.com</a>	GCCCD