



## Contact Information

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### Medical

#### Multiplan

(888) 505-7724 for *eligibility* questions

1 (800) 677-1098 general questions

[www.Multiplan.com](http://www.Multiplan.com) and select:

- 1.Find a Provider
- 2.Select Network
- 3.PHCS
- 4.Specific Services
- 5.Enter your zip code
- 6.Type by (name, specialty, facility type)
- 7.Click the Search Icon

### Prescription

#### Smith Rx

(844) 454-5201

[www.mysmithrx.com](http://www.mysmithrx.com) to locate a participating pharmacy

### MEC Companion Card

[www.WellCardSavings.com](http://www.WellCardSavings.com) and select:

- 1.“Click Here to Register”
- 2.Group ID: MECPLUS
- 3.Fill out your information
- 4.Click Save, Text, or Email card

### Telemedicine & Behavioral Health

#### WellVia

(855) 373-7450 call to activate your account

[www.wellviasolutions.com](http://www.wellviasolutions.com) for more info

### Dental

#### Delta Dental

(800) 932-0783

[www.deltadentalins.com](http://www.deltadentalins.com) to find a provider

### Accident /Critical Illness / Hospital

#### Symetra Life Insurance Company

1 (800) 796-3872 for claims or general questions

[www.symetra.com](http://www.symetra.com)

Contact us Monday through Friday, 6 am to 4:30 pm PT & 9 am to 7:30 pm ET

### Vision

#### VBA

1 (800) 432-4966

Option 1 or 2

[www.vbaplans.com](http://www.vbaplans.com)

### Term Life & Short Term Disability

#### Symetra Life Insurance Company

1 (800) 796-3872 for claims or general questions

[www.symetra.com/](http://www.symetra.com/)

Contact us Monday through Friday, 6 am to 4:30 pm PT & 9 am to 7:30 pm ET