

HOW TO CONTACT YOUR BENEFIT PLANS DIRECTLY

Plan Administrator/ Group Plan Name	Group	Website	Customer Service
NCAS	HC	www.ncas.com	1-866-219-9292
Traditional Medical Plan	HC		1-866-219-9292
Alternate Medical Plan	HC		1-866-219-9292
Current Dental Plan	HC		1-866-219-9292
Alternate Dental Plan	HC		1-866-219-9292
Vision Care Program	HC		1-866-219-9292
BlueChoice HMO	4NO3	www.carefirst.com	1-866-520-6099
Hospital Precertification			1-866-773-2884
Mental Health and Substance Abuse			1-800-245-7013
Argus Health Systems (Pharmacy Services)			1-800-241-3371
Discount Dental-Dental Network			1-888-833-8464
Davis Vision		www.davisvision.com	1-800-783-5602
Kaiser Permanente HMO	49611	www.kaiserpermanente.org	1-800-777-7902
United Healthcare Choice HMO	713009	www.myuhc.com	1-866-844-4864
Aetna Open Choice PPO	622787	www.aetna.com	1-888-502-3862
Aetna Select HMO Open Access	622787	www.aetna.com	1-888-502-3862
VSP Vision	12326138	www.vsp.com	1-800-877-7195
Delta Dental	6951	www.deltadentalins.com	1-800-932-0783
Benelogic	HCPSS	www.benelogic.com	1-866-214-3213
HFS Benefits (FSA's)		www.hfsbenefits.com customerservice@hfsbenefits.com	1-888-460-8005
Health Care Spending Account			1-888-460-8005
Dependent Care Account			1-888-460-8005
AFLAC	SE884	Pamela_dinterman@us.aflac.com	410-207-5341