



# IMPORTANT CONTACT INFORMATION

	Carrier	Phone/Fax	Email	Website
Flexible Spending Accounts	Ameriflex		service@myameriflex.com	www.myameriflex.com
Dental Insurance	Sun Life	P: 800-247-6875 F: 563-242-0184	-	www.sunlife.com/us
Vision Insurance	EyeMed Vision	P: 866-939-3633	-	www.eyemed.com
EAP & Life Planning Services	Colonial Life	P: 888-645-1772	EAPinfo@healthadvocate.com	www.coloniallife.com/eap
Telemedicine Benefits	Call A Doctor Plus	P: 803-835-2362	help@teladochealth.com	www.teladoc.com
North Carolina State Health Plan	SHPNC	P: 888-234-2416 F: 919-765-2322	-	www.shpnc.org
Harmony Online Enrollment	Harmony	P: 866-875-4772	-	harmonyenroll.coloniallife.com
To View Your Benefits Online	Pierce Group Benefits	P: 1-888-662-7500 F: 984-225-2605	service@piercegroupbenefits.com	www.PierceGroupBenefits.com/ PerquimansCountySchools
Supplemental Benefits	Colonial Life	Customer Service & Wellness Screenings 1-800-325-4368 F: 1-800-880-9325 TDD For Hearing Impaired Customers 1-800-798-4040	-	www.coloniallife.com



NC State Health Plan: Under certain qualifying events, employees and dependents have the opportunity to continue coverage for 18-36 months under the COBRA Act. Please contact the State Health Plan at 1-877-679-6272. If you are retiring, you must either log into [www.myncretirement.com](http://www.myncretirement.com) or call 1-877-679-6272.