IMPORTANT CONTACT INFORMATION

	CARRIER	PHONE/FAX	EMAIL	WEBSITE
Flexible Spending Accounts	Ameriflex	P: 888-868-3539	service@myameriflex.com	www.myameriflex.com
Dental Insurance	MetLife	P: 800-638-5433	-	www.metlife.com
Vision Insurance	Superior Vision	P: 800-507-3800 F: 410-752-8969	-	www.superiorvision.com
Long-Term Disability Benefits	Sun Life	P: 800-247-6875 F: 563-242-0184	-	www.sunlife.com/us
EAP & Life Planning Services	Colonial Life	P: 888-645-1772	EAPinfo@ healthadvocate.com	www.coloniallife.com/eap
Legal Benefits	Legal Resources	P: 800-728-5768 F: 757-498-4114	info@legalresources.com	www.legalresources.com
Telemedicine Benefits	Call A Doctor Plus	P: 800-835-2362	help@teladochealth.com	www.teladoc.com
North Carolina State Health Plan	SHPNC	P: 888-234-2416 F: 919-765-2322	-	www.shpnc.org
BenSelect Online Enrollment	BenSelect	P: 888-662-7500	-	harmony.benselect.com/ carteret
Custom Benefits Website	Pierce Group Benefits	P: 1-888-662-7500 F: 984-225-2605	service@ piercegroupbenefits.com	www.PierceGroupBenefits.com/ CarteretCountyPublicSchools
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 in to www.myncretirement.com or call 1-877-679-6272.