



IMPORTANT CONTACT INFORMATION

	CARRIER	PHONE/FAX	EMAIL	WEBSITE
Flexible Spending Accounts	Ameriflex	P: 888-868-3539	service@myameriflex.com	www.myameriflex.com
Dental Insurance	Sun Life	P: 800-247-6875 F: 563-242-0184	-	www.sunlife.com/us
Vision Insurance	MetLife	P: 800-638-5433	-	www.metlife.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
Teletherapy Benefits	Tava Health	P: 801-319-6471	support@tavahealth.com	www.tavahealth.com
North Carolina State Health Plan	SHPNC	P: 888-234-2416 F: 919-765-2322	-	www.shpnc.org
Employee Navigator Enrollment	EENavigator	--	-	www.employeenavigator.com/benefits/account/login
Custom Benefits Website	Pierce Group Benefits	P: 1-888-662-7500 F: 984-225-2605	service@piercegrupbenefits.com	www.PierceGroupBenefits.com/ RoanokeChowanCommunityCollege
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.