



# 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                 | 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                               |
| Legal & ID Theft Benefits        | Legal Resources       | P: 800-728-5768<br>F: 757-498-4114                                                                                                    | info@legalresources.com         | www.legalresources.com                                 |
| Pet Insurance                    | Nationwide            | P: 877-738-7874                                                                                                                       | -                               | partnersolutions.nationwide.com/<br>pet/cravencc       |
| Telemedicine Benefits            | Call A Doctor Plus    | P: 800-835-2362                                                                                                                       | help@teladochealth.com          | www.teladoc.com                                        |
| Teletherapy Benefits             | Tava Health           | P: 801-319-6471                                                                                                                       | support@tavahealth.com          | www.tavahealth.com                                     |
| North Carolina State Health Plan | SHPNC                 | P: 888-234-2416<br>F: 919-765-2322                                                                                                    | -                               | www.shpnc.org                                          |
| BenSelect Online Enrollment      | BenSelect             | P: 888-662-7500                                                                                                                       | -                               | harmony.benselect.com/<br>cravencc                     |
| Custom Benefits Website          | Pierce Group Benefits | P: 1-888-662-7500<br>F: 984-225-2605                                                                                                  | service@piercegroupbenefits.com | www.PierceGroupBenefits.com/<br>CravenCommunityCollege |
| Supplemental Benefits            | Colonial Life         | Customer Service & Wellness Screenings<br>1-800-325-4368<br>F: 1-800-880-9325<br>TDD For Hearing Impaired Customers<br>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](http://www.myncretirement.com) or call 1-877-679-6272.