

Important Contacts

Benefit	Contact	When to Contact
Medical - including Mental Health	Anthem BlueCross BlueShield 1-800-233-4947 www.anthem.com	<ul style="list-style-type: none"> ▪ To locate a network doctor or hospital ▪ To check on the status of claims ▪ To verify coverage
Prescription Drugs	Medco Health 1-800-711-0917 www.medco.com	<ul style="list-style-type: none"> ▪ To locate network pharmacies ▪ To fill or refill a prescription for maintenance drugs ▪ To check on the status of claims
Dental	CIGNA Dental 1-800-244-6224 www.mycigna.com	<ul style="list-style-type: none"> ▪ To pre-certify dental treatment plan ▪ To locate a network provider ▪ For information about your coverage ▪ To check on the status of a claim
Flexible Spending Accounts	CIGNA HealthCare 1-800-292-5108 www.cigna.com/healthcare	<ul style="list-style-type: none"> ▪ To get your account balance ▪ To find out if an expense is covered ▪ To check on the status of a reimbursement
COBRA Continuation	Benefits Administration Office Benefits Assistant – 203-977-4773 Benefits Manager – 203-977-4196	<ul style="list-style-type: none"> ▪ To get information on continuing benefits through COBRA ▪ For questions about COBRA bills
Retirement Benefit – Administrators & Teachers	State of Connecticut – Teachers' Retirement Board 1-800-504-1102 1-860-241-8413 www.state.ct.us/trb	<ul style="list-style-type: none"> ▪ To obtain a copy of an Annual Statement of Benefits ▪ To confirm credited service ▪ To obtain a pension benefits estimate ▪ For questions about the retirement application process
Retirement Benefit – Educational Assistants & Security Personnel	City of Stamford Human Resources Department 203-977-4038 203-977-4074	<ul style="list-style-type: none"> ▪ For questions about the retirement