



Important Contacts

Coverage	Contact	Phone	Website
Medical	UMR	800-826-9781	www.umar.com www.umar.com/find-a-provider
Telemedicine	Teladoc Health	800-835-2362	www.teladoc.com
Dental	Principal	800-247-4695	www.principal.com/dentist
Vision	Principal	800-877-7195	www.principal.com/vsp
Flexible Spending Accounts	Patillo, Brown & Hill	888-629-2363, Option 3	www.pbhbenefits.com
Life and AD&D	TransAmerica	855-244-8318	www.transamerica.com
Disability	Guardian	888-600-1600	www.guardianlife.com
Retirement	Empower	800-701-8255	www.empower.com
Employee Assistance Program	ComPsych GuidanceResources	866-569-0325	www.guidanceresources.com Web ID: EAP Plus
Benefits Advocate	Sarah Reyes - Holmes Murphy	214-265-2255	sreyes@holmesmurphy.com
Waco Family Medicine Benefits & Compensation	benefits@wacofamilymedicine.org		www.wfmbenefits.org