CONTACTS

Plan	Carrier	Website	Phone
Medical	Wellmark	www.wellmark.com	800-524-9242
Prescription	Judi Health	www.judi.health	888-832-2779
Dental	Delta Dental	www.deltadentalia.com Email: claims@deltadentalia.com	800-544-0718
Vision	VSP	www.vsp.com	800-877-7195
Flexible Spending Accounts (FSAs)	ASI Flex	www.asiflex.com	800-659-3035
Employee Assistance Program (EAP)	ComPsych	guidanceresources.com	800-272-7255
Voluntary Benefits	The Hartford	gbdcustomerservice@thehartford.com	866-547-4205
City of Cedar Rapids HR	Gretchen Barske Jessica Bys	g.barske@cedar-rapids.org j.bys@cedar-rapids.org	319-286-5000