

## Contacts

Plan	Carrier	Website	Phone
Medical & Prescription	Medica	<a href="http://www.medica.com">www.medica.com</a>	800-952-3455
Telehealth & At Home Care	Kavira Amwell Virtuwell	<a href="http://www.kavirahealth.com">www.kavirahealth.com</a> <a href="http://www.amwell.com/cm">www.amwell.com/cm</a> <a href="http://www.virtuwell.com">www.virtuwell.com</a>	763-373-3856 1-844-733-3627
Dental	Delta Dental MN	<a href="http://www.DeltaDentalMN.com">www.DeltaDentalMN.com</a>	855-643-3582
Vision	VSP	<a href="http://www.vsp.com">www.vsp.com</a>	800-877-7195
Health Savings Account (HSA)	Alerus	<a href="http://www.alerusb.com">www.alerusb.com</a>	800-279-3200
Flexible Spending Accounts (FSAs)	Alerus	<a href="http://www.alerusb.com">www.alerusb.com</a>	800-279-3200
Employee Assistance Program (EAP)	Mutual of Omaha Medica	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a> <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a>	800-316-2796 800-626-7944 (TTY: 711)
Life and AD&D Insurance	Mutual of Omaha	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>	800-228-7104
Disability	Mutual of Omaha	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>	800-228-7104
Accident, Critical Illness, and Hospital Indemnity Insurance	Mutual of Omaha	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>	800-228-7104
401(k)	Principal	<a href="http://www.principal.com">www.principal.com</a>	800-986-3343