

# Who to Contact

PLAN	PHONE	WEBSITE	MOBILE APP
<b>HEALTH</b>			
UnitedHealthcare <ul style="list-style-type: none"> <li>• UnitedHealthcare In–Network Plan</li> <li>• UnitedHealthcare HSA Compatible Plan</li> <li>• Doctor on Demand Virtual Doctor Visits</li> </ul>	877.835.9856	<a href="http://myuhc.com">myuhc.com</a> Group Number: 708571  Access Doctor on Demand through <a href="http://myuhc.com">myuhc.com</a>	UnitedHealthcare 
Kaiser DHMO (California Only)	800.464.4000	<a href="http://kp.org">kp.org</a> Group Numbers: 8586	KP Preventive Care   Kaiser Permanente 
Optum Bank (HSA, HRA, HCRA, LPRA, DCRA and TCAP Accounts)	800.243.5543	<a href="http://optumbank.com">optumbank.com</a>	Optum Bank Mobile App 
Delta Dental <ul style="list-style-type: none"> <li>• Delta Dental Premier PPO</li> <li>• Delta Dental Standard PPO</li> </ul>	800.765.6003	<a href="http://deltadentalins.com">deltadentalins.com</a> Group Number: 0334 (both plans)	Delta Dental Mobile 
Vision Service Plan (VSP)	800.877.7195	<a href="http://vsp.com">vsp.com</a> Group Number: 12054101	VSP Vision Care on the Go 
2nd.MD Second Opinion Services	866.269.3534	<a href="http://2nd.MD/CSAA">2nd.MD/CSAA</a>	2nd.MD 
Livongo for Diabetes	800.945.4355	<a href="http://livongo.com">livongo.com</a>	Livongo for Diabetes 
Employee Assistance Program (EAP): Health Advocate	866.799.2728	<a href="http://healthadvocate.com/csaa">healthadvocate.com/csaa</a>	SmartHelp 
<b>LIFE/AD&amp;D AND DISABILITY</b>			
Securian Life Insurance Optional Accidental Death & Dismemberment (AD&D) Insurance	866.293.6047	<a href="http://securian.com/sites/securian/products-services/group-insurance/lifesuite-services">securian.com/sites/securian/products-services/group-insurance/lifesuite-services</a>	
New York Life Short–Term Disability, Long–Term Disability, Leave of Absence Administration	888.842.4462 or 866.562.8421 (Español)	<a href="http://newyorklife.com">newyorklife.com</a> <a href="mailto:Leave.Team@csaa.com">Leave.Team@csaa.com</a>	
<b>VOLUNTARY PLANS AND DISCOUNTS</b>			
Critical Illness, Accident Insurance	800.444.5854	N/A	
BenefitHub	866.664.4621	<a href="http://csaaig.benefitshub.com">csaaig.benefitshub.com</a> ; Enter Referral Code: U95TQ6	

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<b>OTHER BENEFITS</b>			
401(k) and Cash Balance Retirement Plans: Empower	800.547.7754	<a href="http://principal.com/welcome">principal.com/welcome</a>	
Employee Benefits Service Center (Enroll/Make Changes to Benefits and comprehensive benefits information)	844.896.0170	<a href="#">Voyage &gt; My Health &amp; Benefits Site</a> (in office) or <a href="http://csaa-insurance.aaa.com/Empyrean">csaa-insurance.aaa.com/Empyrean</a> (using your CSAA IG work email address and password from your personal home computer)	
CSAA IG Benefits Department— Internal		<a href="#">Voyage &gt; Ask HR</a>	

## Managing Your Healthcare

UnitedHealthcare and Kaiser Permanente offer smartphone apps that help you stay on top of your health 24/7, at home and on the go. You can download them for free from the App Store or Google Play.



**UnitedHealthcare app** provides instant access to your and your family's health information— anytime, anywhere. Whether you want to find physicians near you, check the status of a claim, or speak directly with a nurse or doctor via video, UnitedHealthcare is your go-to resource for everything related to your health. [Click here](#) to learn more about the app.



**KP Preventive Care App** sends appointment reminders and preventive services alerts for you and your family, gives you access to your doctor's home page, and more.

**Kaiser Permanente App** lets you email your doctor, schedule routine appointments, refill prescriptions, check lab results, and more. [Click here](#) to download the app.

## There's a Benefits Advocate in Your Corner

CSAA IG offers a health advocacy service featuring highly experienced experts who can help you find the right answers at the right time about your healthcare coverage and it's FREE! If you need help deciding on a plan, contact Health Advocate. They can explain how our plans work and connect you with information and tools that will help you make a decision.

There are many other ways Health Advocate can help you:

- Find qualified doctors, hospitals, dentists, or other providers
- Resolve insurance claims, uncover billing errors, and negotiate payment arrangements
- Provide assistance to estimate and understand healthcare costs
- Address elder care issues, clarify Medicare, locate adult day care, assisted living, and long-term care
- Assist with special needs, find caregiver support services, in-home care, and rehabilitation resources.

All discussions are confidential. Call [866.799.2728](tel:866.799.2728) or visit [healthadvocate.com/csaa](http://healthadvocate.com/csaa).