

## **Benefits Carrier Phone Contact**

If you have had an address change, please notify Sharon Hom at x2834 or [hom@usfca.edu](mailto:hom@usfca.edu) so she can update your medical and dental plans with this information. For any retirement plans, you must contact them directly to update your address.

### **Health Plan:**

Anthem Blue Cross	1-800-627-5342	<a href="http://www.anthem.com/ca">www.anthem.com/ca</a>
Kaiser	1-800-464-4000	<a href="http://www.kp.org">www.kp.org</a>

### **Dental Plan:**

Delta Dental	1-866-499-3001	<a href="http://www.deltadentalca.org">www.deltadentalca.org</a>
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### **Vision Plan:**

VSP Vision Care	1-800-877-7195	<a href="http://www.vsp.com">www.vsp.com</a>
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### **Retirement Plan:**

TIAA-CREF Retirement	1-800-842-2777	<a href="http://www.tiaa-cref.org">www.tiaa-cref.org</a>
Fidelity Retirement	1-800-343-0860	<a href="http://www.fidelity.com">www.fidelity.com</a>
AIG VALIC Retirement	1-800-448-2542	<a href="http://www.aigvalic.com">www.aigvalic.com</a>
EMERITI Retirement Health Plan	1-800-343-0860	<a href="http://www.mysavingsatwork.com/atwork.htm">www.mysavingsatwork.com/atwork.htm</a>

### **Credit Union:**

Provident Credit Union	1-800-632-4600	<a href="http://www.providentcu.org">www.providentcu.org</a>
Golden 1 Credit Union	1-877-465-3361	<a href="http://www.golden1.com">www.golden1.com</a>

### **Others:**

CONCERN: EAP	1-800-344-4222	<a href="http://www.concern-eap.com">www.concern-eap.com</a>
The Lipman Company (TLC)	1-800-533-0113	<a href="http://www.lipman.com">www.lipman.com</a>
John Hancock: Long Term Care	1-800-525-4361	<a href="http://longtermcare.jhancock.com/longtermcare/">http://longtermcare.jhancock.com/longtermcare/</a>
Fidelity Scholarshare College Savings	1-800-544-5248	<a href="http://www.scholarshare.com">www.scholarshare.com</a>
Cigna: Basic/ Optional Life and AD&D	1-800-732-1603	<a href="http://www.cigna.com/our_plans/life/term/for_you.html">www.cigna.com/our_plans/life/term/for_you.html</a>
Traveler's Worker' Compensation	1-800-287-9682	<a href="http://www.mywcinfo.com">www.mywcinfo.com</a>
Sedgwick : STD/PFL	1-800-939-4911	<a href="http://www.sedgwickcms.com">www.sedgwickcms.com</a>