

# Helpful Contacts



## MEDICAL and PHARMACY

UnitedHealthcare (UHC) – [myuhc.com](http://myuhc.com) or 1-844-587-8503

BlueCross BlueShield of Alabama – [alabamablue.com](http://alabamablue.com) or 1-800-292-8868

## DENTAL and VISION

Dental with MetLife – [metlife.com/mybenefits](http://metlife.com/mybenefits) or 1-800-942-0854 (1-800-880-1800 for DHMO plan)

Vision with Superior Vision – [superiorvision.com](http://superiorvision.com) or 1-800-507-3800

## WELLNESS

Quit tobacco with QuitLogix – [helpline.quitlogix.org/en-US/](http://helpline.quitlogix.org/en-US/) or 1-855-372-0040

NurseLine 24 hour care – 1-877-365-7949 (for employees with UHC coverage)

Virtual Visits – [uhc.com/virtualvisits](http://uhc.com/virtualvisits) (for employees with UHC coverage)

Rally® wellness program – [myuhc.com](http://myuhc.com) (for employees with UHC coverage)

Real Appeal weight loss program – [benekeith.realappeal.com](http://benekeith.realappeal.com) (for employees with UHC coverage)

Employee Assistance Program with Alliance Health Partners – [awpnow.com](http://awpnow.com) or 1-800-343-3822

## LIFE/AD&D

Employee, spouse and child life/AD&D with Unum – [unum.com](http://unum.com) or 1-866-679-3054

Disability with Unum – [unum.com](http://unum.com) or 1-866-779-1054

## COBRA

UnitedHealthcare Benefits Services – [uhcservices.com](http://uhcservices.com) or 1-866-747-0048

## RETIREMENT

Profit Sharing with Empower Retirement – [empowermyretirement.com](http://empowermyretirement.com) or 1-833-BEK-SAVE (833-235-7283). Spanish-speaking representatives are available.

401(k) with Empower Retirement – [empowermyretirement.com](http://empowermyretirement.com) or 1-833-BEK-SAVE (833-235-7283). Spanish-speaking representatives are available.

Pension with Aon Retirement Services – [ypr.aon.com/benekeith](http://ypr.aon.com/benekeith) or 1-844-870-0335

## OTHER BENEFITS

Credit Union membership – [bekefcu.org](http://bekefcu.org) or 1-817-759-6300

Education Assistance Program – contact your HR Manager or Office Manager for information

Ben E. Keith Benefits Team – [benefits@benekeith.com](mailto:benefits@benekeith.com) or 1-817-759-6345