

Helpful Contacts



MEDICAL and PHARMACY

UnitedHealthcare (UHC) – myuhc.com or 1-844-587-8503

BlueCross BlueShield of Alabama – alabamablue.com or 1-800-292-8868

DENTAL and VISION

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

Vision with Superior Vision – superiorvision.com or 1-800-507-3800

WELLNESS

Quit tobacco with QuitLogix – 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 (for employees with UHC coverage)

Rally® wellness program – myuhc.com (for employees with UHC coverage)

Real Appeal weight loss program – benekeith.realappeal.com (for employees with UHC coverage)

Employee Assistance Program with Alliance Health Partners – awpnow.com or 1-800-343-3822

LIFE/AD&D

Employee, spouse and child life/AD&D with Unum – unum.com or 1-866-679-3054

Disability with Unum – unum.com or 1-866-779-1054

COBRA

UnitedHealthcare Benefits Services – uhcservices.com or 1-866-747-0048

RETIREMENT

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

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

Pension with Aon Retirement Services – ypr.aon.com/benekeith or 1-844-870-0335

OTHER BENEFITS

Credit Union membership – 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 or 1-817-877-5700