

# HELPFUL CONTACTS



## MEDICAL and PHARMACY

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

Optum Health HSA reimbursement account: [optumbank.com](https://optumbank.com) or 1-844-326-7967

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

## DENTAL and VISION

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

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

## WELLNESS

Quit tobacco with QuitLogix: [helpline.quitlogix.org/en-US](https://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](https://uhc.com/virtualvisits) (for employees with UHC coverage)

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

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

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

## LIFE/AD&D

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

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

## RETIREMENT

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

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

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

## OTHER BENEFITS

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

BEK Educational Assistance Program: Contact your HR Manager or Office Manager for information.

## COBRA

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

Ben E. Keith Benefits Team: [benefits@benekeith.com](mailto:benefits@benekeith.com) or 1-817-877-5700