

## Medical plans

I need help with ...	Contact ...
<ul style="list-style-type: none"><li>• Kaiser Foundation Health Plan of Washington benefits</li></ul>	<b>Kaiser Permanente Washington (Core 1, Core 2, Core 3, or SoundChoice)</b>  <b>Online:</b> <a href="#">Kaiser Permanente Washington for school employees</a> <b>Phone:</b> 1-888-901-4636 <b>TTY:</b> 1-800-833-6388 711
<ul style="list-style-type: none"><li>• Premiera Blue Cross benefits</li></ul>	<b>Premiera Blue Cross (High PPO, Peak Care EPO, or Standard PPO)</b>  <b>Online:</b> <a href="#">Premiera Blue Cross for school employees</a> <b>Phone:</b> 1-800-807-7310 <b>TTY:</b> 1-800-842-5357
<ul style="list-style-type: none"><li>• Uniform Medical Plan (UMP), administered by Regence BlueShield (Medical only)</li></ul>	<b>Uniform Medical Plan (Achieve 1, Achieve 2, High Deductible, or UMP Plus)</b>  <b>Online:</b> <a href="#">Uniform Medical Plan for school employees</a> <b>Phone:</b> 1-800-628-3481 <b>TRS:</b> 711
<ul style="list-style-type: none"><li>• Uniform Medical Plan, administered by Washington State Rx Services (Prescription drugs only)</li></ul>	<b>Uniform Medical Plan (Achieve 1, Achieve 2, High Deductible, or UMP Plus)</b>  <b>Washington State Rx Services</b>  <b>Online:</b> <a href="#">Prescription drug information for school employees</a> <b>Phone:</b> 1-888-361-1611 <b>TRS:</b> 711

**Follow the link below to all information on these handouts**

<https://www.hca.wa.gov/employee-retiree-benefits/school-employees/contact-plans>

## **Dental plans**

DeltaCare  
(administered by Delta Dental of Washington)

**Online:** [DeltaCare for school employees](#)

**Phone:** 1-800-650-1583      **TTY:** 1-800-833-6384

Uniform Dental Plan  
(administered by Delta Dental of Washington)

**Online:** [Uniform Dental Plan for school employees](#)

**Phone:** 1-800-537-3406      **TTY:** 1-800-833-6384

Willamette Dental Group

**Online:** [Willamette Dental Group for school employees](#)

**Phone:** 1-855-433-6825      **TTY:** 711

## **Vision plans**

Davis Vision, Inc.

**Online:** [Davis Vision for school employees](#)

**Phone:** 1-877-377-9353      **TTY:** 1-800-523-2847

EyeMed Vision Care

**Online:** [EyeMed Vision Care for school employees](#)

**Phone:** 1-800-699-0993      **TTY:** 1-844-230-6498

MetLife

**Online:** [MetLife Vision for school employees](#)

**Phone:** 1-855-638-3931      **TTY:** 1-800-428-4833

## **Health Savings Account (HSA)**

HealthEquity

**Online:** [HealthEquity for school employees](#)

**Phone:** 1-844-351-6853      **TRS:** 711

<b><u>Dependent Care Assistance Program (DCAP)</u></b>
Navia Benefit Solutions
Online: <a href="#">Navia Benefit Solutions for school employees</a> Phone: 1-800-669-3539

<b><u>Life and accidental death and dismemberment insurance</u></b>
MetLife
Online: <a href="#">MetLife life insurance for school employees</a> Phone: 1-833-854-9624      TTY: 1-833-854-9624

<b><u>Long-Term Disability insurance</u></b>
Standard Insurance Company
Online: <a href="#">Standard long-term disability insurance for school employees</a> Phone: 1-833-229-4177      TTY: 1-833-229-4177

<b><u>Medical Flexible Spending Arrangement (FSA)</u></b>
Navia Benefit Solutions
Online: <a href="#">Navia Benefit Solutions for school employees</a> Phone: 1-800-669-3539

<b><u>SmartHealth</u></b>
SmartHealth Customer Service (Limeade)
Online: <a href="#">SmartHealth for school employees</a> Phone: 1-855-750-8866