



# Important Contact Information

<b>Carrier</b>	<b>Web / Email</b>	<b>Phone</b>
<b>Medical</b> Optima Health	<a href="http://www.OptimaHealth.com/pcps">www.OptimaHealth.com/pcps</a> <a href="mailto:members@OptimaHealth.com">members@OptimaHealth.com</a>	1-800-229-1199 or 757-552-7110 8 a.m.– 6 p.m. Monday-Friday
<b>Health Savings Account</b> HealthEquity	<a href="http://www.HealthEquity.com">www.HealthEquity.com</a>	866-346-5800
<b>Dental</b> Anthem	<a href="http://www.anthem.com">www.anthem.com</a> GBS-Anthem@anthem.com with a copy to: <a href="mailto:Gabriella.Madonia2@anthem.com">Gabriella.Madonia2@anthem.com</a>	866-956-8607
<b>Flexible Spending Accounts</b> First Financial Group of America	<a href="http://Benefits.ffga.com/poquosoncityschools">http://Benefits.ffga.com/poquosoncityschools</a>	800-924-3539
<b>Voluntary Group Life/AD&amp;D Insurance</b> Securian Financial	<a href="http://varetire.org/members/benefits/life-insurance/index.asp">http://varetire.org/members/benefits/life-insurance/index.asp</a>	800-441-2258
<b>Voluntary Worksite Benefits</b> First Financial Group of America	<a href="http://benefits.ffga.com/poquosoncitypublicschools">http://benefits.ffga.com/poquosoncitypublicschools</a>	800-924-3539
<b>Employee Assistance Program (EAP)</b> Optima Health	<a href="http://www.optimaeap.com">www.optimaeap.com</a>	800-891-8174
<b>Commonwealth of Virginia 457 Deferred Compensation Plan</b>	<a href="http://www.varetirement.org/dcp.html">http://www.varetirement.org/dcp.html</a>	877-327-5261
<b>Legal Resources of Virginia</b>	<a href="http://www.legalresources.com">www.legalresources.com</a>	800-728-5768
<b>Poquoson Schools Benefits Helpline</b> AssuredPartners	<a href="mailto:PoquosonSchools@apbenefitadvisors.com">PoquosonSchools@apbenefitadvisors.com</a>	888-321-8737 Option 3 8 a.m.– 5:30 p.m. Monday-Friday

