

Contacts

This section gives you telephone numbers, web site addresses and other important information about your benefits.

For information about	Use these resources	Important details
<p>UnitedHealthcare plans</p> <p>Print temporary ID cards online</p> <p>Claim status, order ID cards, etc.</p> <p>Estimated treatment costs; information about a proposed surgery or a newly diagnosed health condition</p> <p>Speak to a nurse during customer service hours (virtual visits are available for an additional fee via the myuhc.com website if it is an after-hours call)</p>	<p>800 387 7508; follow prompts</p> <p>Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone)</p> <p>www.myuhc.com</p>	<p>You must register on the www.myuhc.com web site in order to access your claim status and eligibility information.</p> <p>To register, go to www.myuhc.com and click on <i>Register Now</i>.</p>
<p>Substance Use Disorder Helpline (Optum)</p>	<p>Substance Use Treatment Helpline: 855-780-5955</p> <p>Helpline licensed clinicians available: 7 days a week, 24 hours a day</p> <p>www.Liveandworkwell.com</p>	<p>Speak with a licensed clinician for a substance use disorder evaluation and treatment support, including help finding a trusted provider.</p>
<p>Participating UnitedHealthcare plan providers</p> <p>Participating UnitedHealthcare OptumRx pharmacies</p> <p>Generic medication alternatives or costs for equivalent medications</p> <p>Ordering home-delivery prescription medication</p>	<p>800 387 7508; follow prompts</p> <p>Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone)</p> <p>www.myuhc.com</p>	<p>Registration is not required to view this provider site.</p> <p>Network – Choice Plus</p> <p>You must register on the www.myuhc.com web site to access the pharmacy locator service.</p>
<p>Blue Cross Blue Shield of Alabama</p>	<p>800 292 8868</p> <p>Customer service hours: Monday – Friday, 8:30am – 7pm ET</p> <p>www.bcbsal.com</p>	

Contacts

For information about	Use these resources	Important details
Kaiser Permanente - California	800 464 4000 Customer service hours: 24 hours a day/7 days a week for most services, except major holidays kp.org	Kaiser HMO includes prescription drug coverage.
HMSA – Hawaii	800-948-6111 (Oahu) 800-776-4672 (Neighbor Islands) Monday – Friday, 8am – 5pm HST www.hmsa.com	HMSA includes prescription drug coverage.
Cigna International	800 441 2668 (US/Canada), 302 797 3100 (call collect) www.cignaenvoy.com Customer service hours: 24 hours a day/7 days a week Stryker Policy Number: 03509A	
Cigna Medical Benefits Abroad	1.800.243.1348 or 001.302.797.3535 (collect calls accepted) www.cignaenvoy.com Stryker Policy Number: 03509B	For employees that are traveling on business internationally
Delta Dental	800 524 0149 Customer service hours: Monday – Friday, 8:30am – 7:55pm ET www.deltadentalmi.com	Registration not required to view this site.
EyeMed Vision Care	(866) 723-0513 Customer service hours: Available 362 days each year: Mon. to Fri.: 7:30am – 11pm EST, Sat.: 8am – 11pm & Sun.: 11am – 8pm EST www.eyemed.com	Web site registration required. To locate participating providers, log on to www.eyemed.com
Health Savings Accounts (HSAs) (Optum Bank)	800 387 7508 Customer service hours: Monday – Friday, 8am – 8pm (based on caller time zone) www.myuhc.com	Group Number—703997
UnitedHealthcare Flexible Spending Accounts Healthcare flexible spending account Day care (child and adult) flexible spending account	800 387 7508 ; follow prompts Customer service hours: Monday – Friday, 8am – 8pm ET www.myuhc.com	Web site registration and group number 703998 required.

For information about	Use these resources	Important details
Included Health	855 431 5551 Customer service hours: Monday – Friday, 8am – 8pm ET https://includedhealth.com/microsite/stryker/	
The Hartford Life and Accident Insurance Company Life and AD&D insurance	888 563 1124 ; follow prompts Customer service hours: Monday – Friday, 8am – 8pm ET	
The Hartford Life and Accident Insurance Company Short-term disability Long-term disability	877 936 6052 ; follow prompts Customer service hours: Monday – Friday, 8am – 8pm ET https://mybenefits.thehartford.com	
LifeWorks Employee Assistance Program	866 785 4572 Customer service hours: 24 hours a day, seven days a week www.lifeworks.com	User name: Stryker Password: 4260
401(k) Savings and Retirement Plan	800 523 1188 Customer service hours: Monday – Friday, 8:30am – 9pm ET www.vanguard.com/retirementplans	Web site registration and plan number required. Plan Number: 090081
Virgin Pulse Administrator of Strive for Wellbeing Program	833-643-0408 Email: support@virginpulse.com Customer service hours: Monday – Friday 7am – 7pm ET	