

# Benefit Providers

Please use the toll-free number if available.

## Health Insurance Plans

Employee Benefits Division ..... 410-767-4775/4765  
301 West Preston Street, Room 510 ..... 410-767-4006 TTY/TDD  
Baltimore, MD 21201

Aetna POS ..... 1-888-287-4296  
1-888-4296 TTY/TDD

American Psych Systems ..... 1-877-239-1458  
(Mental Health Provider)  
Website: <http://www.APSHelpLink.com>

Carefirst Blue Cross & Blue Shield ..... 1-800-225-0131  
State of Maryland Operations Center ..... 410 581- 3601  
410-998-7338 TTY/TDD

To verify your doctor is a PPN doctor, call 410-581-3521 or  
visit their website at <http://www.carefirst.com>

Carefirst Blue Cross POS ..... 1-800-203-2763  
or 410-5581-0021  
410-998-5768 TTY/TDD  
Website: <http://www.carefirst.com>

Carefirst Blue Choice ..... 1-800-445-6036  
or 410-654-8675  
410-828-3196 TTY/TDD  
Website: <http://www.carefirst.com>

Kaiser Permanente ..... 1-800-777-7902  
(Washington) 1-800-368-5784  
410-339-5545 TTY/TDD  
Website: <http://www.KaiserPermanente.org>

MLH-Eagle PPO (MAMSI) ..... 1-800-447-6267  
Website: <http://www.Mamsi.com>

M.D.-IPA Preferred POS (MAMSI) ..... 1-800-447-6267  
1-301-309-1710 TTY/TDD  
Website: <http://www.Mamsi.com>

Optimum Choice HMO (MAMSI) ..... 1-800-447-6267  
1-301-309-1710 TTY/TDD  
Website: <http://www.Mamsi.com>

## Dental Insurance Plan

United Concordia ..... 1-888-MD-TEETH (1-800-638-3384)  
Website: <http://www.ucci.com>

Dental Benefits Provider (DHMO) ..... 1-877-566-3562  
Website: <http://www.dpb-inc.com>

## Prescription Drug Plan

Caremark PCS ..... 1-800-345-9384

## Life Insurance Plans

Standard Life Insurance ..... 1-888-246-9002  
UNUM ..... 1-800-338-9439  
UNUM Long Term Care ..... 1-800-227-4165  
Website: <http://www.unum-ecs.com>

## Personal Accident & Dismemberment Plan

Met-Life ..... 1-888-842-2757  
Website: <http://www.metlife.com>

## Flexible Spending Accounts

SHPS ..... 1-877-358-4276  
Website: <http://www.shps.com>

## Retirement Plans

Fidelity Investments ..... 1-800-343-0860  
Maryland State ..... 410-625-5555  
TIAA/CREF ..... 1-800-842-2733  
VALIC ..... 1-800-44-VALIC

## Social Security Administration

General Information ..... 1-800-772-1213

## Tax Deferred Plans

Fidelity Investments ..... 1-800-343-0860  
Nationwide Solutions (formerly PEBSCO) ..... 410-532-8400  
TIAA/CREF ..... 1-800-842-2733  
VALIC ..... 1-800-44-VALIC

## Internal Revenue Service

Federal Tax Information ..... 410-962-2590