

Important Contacts

Benefit	Contact	When to Contact
Medical - including Mental Health	UnitedHealthcare/Oxford 1-800-385-9055 Partnershipstateofct.welcometouhc.com Oxfordhealth.com	<ul style="list-style-type: none"> • To locate a network doctor or hospital • To check on the status of claims • To verify coverage
Prescription Drugs	CVS Caremark 1-800-318-2572 www.caremark.com	<ul style="list-style-type: none"> • To locate network pharmacies • To fill or refill a prescription for maintenance drugs • To check on the status of claims
Dental	CIGNA Dental 1-800-244-6224 www.mycigna.com	<ul style="list-style-type: none"> • To pre-certify dental treatment plan • To locate a network provider • For information about your coverage • To check on the status of a claim
Flexible Spending Accounts	<ul style="list-style-type: none"> • Stirling Benefits, Inc., • Phone: (800) 447-6689 • Fax: (203) 877-9558 	<ul style="list-style-type: none"> • To get your account balance • To find out if an expense is covered • To check on the status of a reimbursement
COBRA Continuation	Benefits Administration Office Benefits Assistant – 203-977-4773 Benefits Manager – 203-977-4196	<ul style="list-style-type: none"> • To get information on continuing benefits through COBRA • For questions about COBRA bills
Retirement Benefit – Administrators & Teachers	State of Connecticut – Teachers’ Retirement Board 1-800-504-1102 1-860-241-8413 www.state.ct.us/trb	<ul style="list-style-type: none"> • To obtain a copy of an Annual Statement of Benefits • To confirm credited service • To obtain a pension benefits estimate • For questions about the retirement Application process
Retirement Benefit – Educational Assistants & Security Personnel	City of Stamford Human Resources Department 203-977-4038 203-977-4074	<ul style="list-style-type: none"> • For questions about the retirement