

RESOURCE DIRECTORY

FMH Benefit Contact	FMH Phone
PTO	Ext. 284550
Benefits Department	Ext. 283282
Cash for Waiver	Ext. 284550
FMLA	Ext. 3721 - 253721
Human Resources	Ext. 284550
Retirement	Ext. 283251

Benefit Category	Company Name	Policy #	Phone	Website
403(b) Plan	Transamerica	#TT069238	1-800-755-5801	http://my.trretire.com
Benefit Changes			240-566-3550	www.fmh.bswift.com
Dental Plans	Delta Dental	#7054	1-800-932-0783	www.deltadentalins.com
Employee Assistance and Work/Life Programs	Business Health Services		1-800-327-2251	www.www.bhsonline.com/Frederick
Federal Credit Union	Nymeo		1-855-436-4100	www.nymeofcu.org
Flex Plan Customer Service	UMR		1-800-826-9781	www.umar.com
Health Plans — Claims	UMR	#76-430110	1-800-826-9781	www.umar.com
Networks	UMR	#76-430110	1-800-826-9781	www.umar.com
Life Insurance	Aetna	#473215	1-800-523-5065	www.aetna.com/group/aetna_life_essentials/
Prescription Drug	OptumRx	01961250	1-877-559-2955	www.optumrx.com
Rewards Program	Retail Benefits			www.fmh.retailbenefits.com
Short Term Disability (STD)	Trivergent Health Alliance, MSO		301-790-8816	
Vision Benefits	Aetna	#473215	1-877-973-3238	
Voluntary Benefits	Select Benefits Communications		1-888-711-4478, Opt 2	
Critical Illness/Accident Insurance	Combined Insurance Company			
Auto/Home Insurance	Liberty Mutual		240-308-1380	www.LibertyMutual.com/IanHiggins
Identity Theft/Legal Services Plans	LegalSure		1-888-711-4478, Opt 2	
Identity Protection Services	LifeLock		1 800-543-3562	www.lifelock.com
Pet Insurance — Payroll	VPI		1-877-PETS-VPI	www.petinsurance.com/afi/F/fmh_pr.aspx
Nonpayroll VPI			1-877-PETS-VPI	www.petinsurance.com/afi/F/fmh_npr.aspx
Short Term/Supplemental Disability Insurance	Combined Insurance Company Accident Ins. Co.		1-888-711-4478, Opt 2	
Universal Life Insurance	Allstate		1-888-711-4478, Opt 2	
Wellness Program UMR			Ext. 3063 or 1-800-207-7680	https://fhs.umar.com