



Employee Benefits Contact Numbers

UUP EMPLOYEES

UUP Benefit Fund.....uupinfo.org
 UUP Benefit Trust Fund.....1-800-887-3863
 Davis Vision.....1-877-769-7447
www.davisvision.com
 Delta Dental.....1-800-471-7093
www.deltadental.com

CSEA EMPLOYEES

CSEA Benefit Fund.....www.cseaebf.com
 Dental.....1-800-323-2732
 Vision.....1-800-323-2732

MANAGEMENT CONFIDENTIAL

Dental/GHI.....1-800-947-0101
www.ghi.com
 Davis Vision Care.....1-800-999-5431
www.davisvision.com

APSU

Dental/GHI.....1-800-947-0101
www.ghi.com
 Davis Vision Care.....1-800-999-5431
www.davisvisioncare.com

RETIREMENT PLANS

Teachers' Retirement System (TRS).....1-800-782-0289
 Ext. 2828
www.nystrs.org
 Employees' Retirement System (ERS).....1-866-805-0990
www.osc.state.ny.us
 TIAA/CREF.....1-800-842-2252
www1.tiaa-cref.org/tcm/suny/

TAX DEFERRED PLANS

(403B) PLANS

Voya/Rob Sylvester.....315 682 6565
 TIAA/CREF/Ray Durant.....1-800-842-2252
 VALIC/Mark Nardella.....1-800-892-5558
 Ext. 89204

NYS (457) PLAN

Deferred Compensation.....1-800-422-8463
 Daniel Kain
 Ext. 44383
www.nysdcp.com

Health Insurance

Civil Service1-800-833-4344
www.cs.ny.gov

COBRA Unit.....1-800-833-4344

Retiree Unit.....1-800-833-4344

Empire Plan.....1-877-769-7447

United Healthcare (Medical & Surgical) Option 1
 Homecare Advocacy Program (HCAP) Option 1
 Managed Physical/Medicine Program (MPN) Option 1
 Empire Blue Cross & Shield/Hospitalization Option 2

Mental Health/Substance Abuse

Value Options Option 3

Prescription Plan

CVS/Caremark - Prescription Option 4
 Process refills online www.empireplanrxprogram.com
 Helpline for Pharmacists.....1-800-364-6331
 Nurse line Option 5
 Pin#335

Process refills online www.empireplanrxprogram.com

Helpline for Pharmacists.....1-800-364-6331

HMO's

HMO Blue (Utica).....1-800-765-2221
 HMO Blue (Syr).....1-800-447-6269
 CDPHP Member Services..... 1-518-642-03700
 MVP (Utica).....315 736-1625 or
 1-800-777-4793

Employee Assistance Program

Lori Davis.....315 684- 6207

Flex Spending Account.....1-800-358-7202

www.flexspend.ny.gov

Federal Credit Unions

Core Credit Union.....315 684-3009

www.core-fcu.com

Mohawk Valley.....315 793-2214

www.mohawkvalleyfcu.com