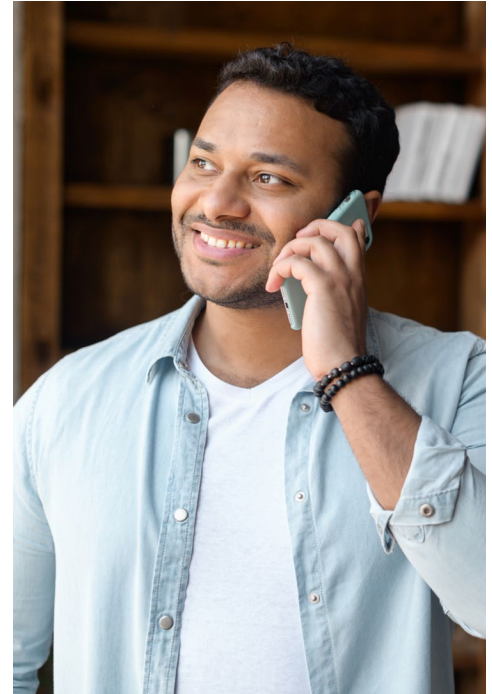


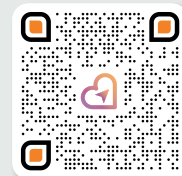
# Your Benefits Directory



## HEALTH ADVOCATE

Making health care easier with one-on-one, confidential support. Quickly reach Health Advocate any time — by phone, email, and secure messaging.

**Get started today!**



Organization:  
Lithko Contracting

### MEDICAL PLAN

Administrator	UMR
Customer Service	800-691-4659, <a href="http://www.umar.com">www.umar.com</a>
Group Number	76-430093
Network	UnitedHealthcare Choice Plus
Telehealth Provider	800-Teladoc (800-835-2362) <a href="http://www.teladoc.com">www.teladoc.com</a>

### PRESCRIPTION PLAN

Administrator	Express Scripts
Customer Service	877-239-0905, <a href="http://www.express-scripts.com">www.express-scripts.com</a>
Group Number	KEGA (Bin 003858, PCN A4)

### DENTAL PLAN

Administrator	Delta Dental of Ohio
Customer Service	800-524-0149, <a href="http://www.deltadentaloh.com">www.deltadentaloh.com</a>
Group Number	2530
Network	Delta Dental PPO and Delta Dental Premier

### VISION PLAN

Administrator	VSP
Customer Service	800-877-7195, <a href="http://www.vsp.com">www.vsp.com</a>
Group Number	30093452
Network	Choice

### SAVINGS AND SPENDING ACCOUNTS

HSA Administrator	Optum Bank
Customer Service	800-791-9361, <a href="http://www.optumbank.com">www.optumbank.com</a>
FSA Administrator	Chard Snyder
Customer Service	800-982-7715, <a href="http://www.chard-snyder.com">www.chard-snyder.com</a>

### BASIC AND VOLUNTARY LIFE / AD&D INSURANCE

Administrator	Lincoln Financial Group
Customer Service	800-423-2765, <a href="http://www.lincolnfinancial.com">www.lincolnfinancial.com</a>

### COWORKER ASSISTANCE AND ADVOCATE PROGRAMS

Administrator	GuidanceResources
Customer Service	888-628-4824, <a href="http://www.guidanceresources.com">www.guidanceresources.com</a>
Username	LFGSupport (password: LFGSupport1)
Administrator	Health Advocate
Customer Service	866-695-8622 <a href="http://www.HealthAdvocate.com/lithkocontracting">www.HealthAdvocate.com/lithkocontracting</a>

### RETIREMENT SAVINGS PLAN

Administrator	John Hancock
Customer Service	800-294-3575 <a href="https://myplan.johnhancock.com">https://myplan.johnhancock.com</a>
Group Number	LI1202

### BENEFITS

Customer Service	855-413-0916, <a href="mailto:benefits@lithko.com">benefits@lithko.com</a>
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