

Key Contacts for Claims and Service Information

All questions regarding services and claims should be directed to your insurance provider as follows:

TO CONTACT...	CALL...	SURF...
Kaiser Permanente HMO	(301) 468-6000 (800) 777-7902	www.kaiserpermanente.org
• National Vision with Kaiser HMO	(800) 672-7723	www.e-nva.com
BlueChoice HMO	(877) 691-5856	www.carefirst.com
CareFirst PPO	(877) 691-5856	www.carefirst.com
• OptumRx/United Healthcare Non-Medicare (Active & Retired) Medicare (Retired)	(866) 325-1179 (877) 889-6481	www.optumrx.com www.uhretiree.com
Davis Vision	(800) 783-5602	www.davisvision.com
CareFirst Dental	(866) 891-2802	www.carefirst.com
CIGNA DMO (Dental)	(800) 244-6224	www.cigna.com
Delta Dental (Retirees only)	(800) 932-0783	www2.midatlanticdeltadental.com
Long Term Disability Plan — • MetLife • The Hartford	(800) 300-4296 (800) 752-9713	www.metlife.com www.thehartfordatwork.com
Life and Accidental Death Insurance	(800) 638-6420 press 2	www.metlife.com
Safevision	(314) 961-7406	www.safevision.net
Voluntary Universal Life (NGP)	(800) 344-9016	
WMATA Telephone Numbers		
Benefits Offices (Pension)	(202) 962-1076	FMLA (202) 962-1283
Medical	(202) 636-7141	Workers Comp. (202) 962-1515
Payroll	(202) 962-1568	
Dependent Care/FSA	(202) 962-1076	
ATU Local 689	(301) 568-6899	www.atulocal689.org
Transit Employees H & W Fund	(301) 568-2294	www.tehw.org

Check the provider directories or websites to verify that your current primary care provider is a network provider. The Plan will not mail provider directories. Hard copies are available at the Health & Welfare office and from the individual insurance providers listed above. More detailed benefit descriptions and coverage maps are also available at the Health & Welfare office.