



Contact Information

If you have benefit questions:

1. Call the plan provider (Express Scripts, EAP, PetPartners)
2. Call Quantum Health for medical, prescription, EAP or well-being questions: 1-855-497-1237 (Monday-Friday; 8:30 a.m. to 10 p.m. ET).

If you need a new ID Card, please contact Quantum Health directly. Please see the full listing below.

Quantum Health

Medical, prescription, EAP or well-being questions and ID cards: 1-855-497-1237

www.myqhealthpcusa.org

(Monday-Friday; 8:30 a.m. to 10 p.m. ET)

Call to Health

WebMD Customer Service: 1-888-935-5228 or webmdhealth.com/ContactUs

Registration for Call to Health can be done when medical and prescription coverage is effective: www.calltohealth.org

Wellness At Your Side app (Once registered, download from the Apple or Google app store and enter code boardofpensions)

Spring Health Employee Assistance Plan (EAP)

For Immediate Crisis Support: **1-844-931-4465** and select option 2 for crisis support.

If you're enrolled in the PPO, EPO, or HDHP medical plan with PSL, visit

care.springhealth.com/sign_in to create and activate your Spring Health account by clicking the "Create Account" button. Or call Spring Health at 844-931-4465. Team member medical ID cards include the Spring Health phone number and website.

If you do not have medical coverage with PSL you are still eligible for PSL's EAP. To create a Spring Health account and use the EAP benefit call Spring Health at 844-931-4465 and use the code "BOP".

HealthEquity Health Savings Account

1-866-346-5800, learn.healthequity.com/bop

Medical Coverage

Quantum Health Member Services:

1-855-497-1237, www.myqhealthpcusa.org

Teladoc Health: 1-800-835-2362,

www.teladoc.com/enter

Eye Exam Benefit

(included with medical coverage)

VSP: 1-800-877-7195, www.vsp.com or vsp.com/choice (to locate VSP providers)

Pet Insurance – PetPartners

1-800-956-2495, www.petpartners.com

Email: mypolicy@petpartners.com

Prescription Drug Coverage

Express Scripts by Evernorth: 1-800-344-3896

www.express-scripts.com

Specialty Medications (Accredo): 1-800-803-2523

Retirement Program Conrad Siegel Actuaries

1-800-577-3675, www.myconradsiegel.com

Retirement questions hotline: 717-502-8857

PSL Benefits Questions:

1-717-502-1868 | benefits@psl.org

For all PSL Benefits and Perks information visit: www.psl.org/benefits
Or you may also scan the QR code.

