



Contact Information

If you have benefit questions:

1. Call the plan provider (Express Scripts, Cigna Behavioral Health, Delta Dental, Davis Vision)
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 the carrier directly. Please see the full listing below.

Quantum Health

Medical, prescription, EAP or well-being questions: 1-855-497-1237
www.myqhealthpcusa.org
(Monday-Friday; 8:30 a.m. to 10 p.m. ET)

Call to Health

The Board of Pensions (BOP): Questions about activities or points: 1-800-773-7752 (Monday-Friday; 8:30 a.m. to 6 p.m. ET)
Limeade: Questions about registering or (technology issues) 1-855-451-6754 or support@limeade.com
www.calltohealth.org
Registration for Call to Health can be done when medical and prescription coverage is effective.

Dental Coverage

Delta Dental: 1-800-932-0783
www.deltadentalins.com
ID cards are not automatically issued when a member adds a dependent. Print ID cards online.

Employee Assistance Plan (EAP)

Cigna Behavioral Health (24/7): 1-866-640-2772
www.myCigna.com
Employer ID: pcusa

Further (Health Savings Account)

1-800-859-2144
www.hellofurther.com

Medical Coverage

Quantum Health
Member Services: 1-855-497-1237
www.myqhealthpcusa.org
Teladoc: 1-800-835-2362
www.teladoc.com/enter

Eye Exam Benefit

(included with medical coverage)
VSP: 1-800-877-7195
www.vsp.com or www.vsp.com/choice
(to locate VSP providers)

Prescription Drug Coverage

Express Scripts: 1-800-344-3896
www.express-scripts.com
Specialty Medications (Accredo): 1-800-803-2523

Prudential Life AD&D

Prudential: 1-800-842-1718
www.prudential.com/mybenefits
Employer ID (Control Number): 53307

Retirement Program Conrad Siegel Actuaries

1-800-577-3675
Retirement questions hotline: 717-502-8857
www.myconradsiegel.com

Vision Coverage

Davis Vision 1-877-923-2847
www.davisvision.com
For information prior to enrolling use the client code 7055.

Voluntary Short-Term Disability Coverage

(non-exempt full-time participants)
Prudential: To initiate a VSTD claim call: 1-800-842-1718. Company control number 53307.
www.prudential.com/mybenefits

PSL Benefits Questions:

1-717-502-1868

benefits@psl.org

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

Documents and more information can be found on: [‘MyHR’](#)

