



# Contact Information

## If you have benefit questions:

1. Call the plan provider (Express Scripts, EAP, Delta Dental, Davis Vision, 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](http://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) 1-888-935-5228  
or [support.limeade.com](http://support.limeade.com)  
[www.calltohealth.org](http://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](http://www.deltadentalins.com)

You don't need a Delta Dental ID card when you visit the dentist. Just provide your name, birth date and enrollee ID or Social Security number. If your family members are covered under your plan, they'll need your information. Prefer to have an ID card? Simply log in to your account to view or print your card.

### 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](http://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](http://learn.healthequity.com/bop)

### Medical Coverage

Quantum Health Member Services:  
1-855-497-1237, [www.myqhealthpcusa.org](http://www.myqhealthpcusa.org)  
Teladoc Health: 1-800-835-2362,  
[www.teladoc.com/enter](http://www.teladoc.com/enter)

### Eye Exam Benefit

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

### Pet Insurance – PetPartners

1-800-956-2495, [www.petpartners.com](http://www.petpartners.com)  
Email: [mypolicy@petpartners.com](mailto:mypolicy@petpartners.com)

### Prescription Drug Coverage

Express Scripts by Evernorth: 1-800-344-3896  
[www.express-scripts.com](http://www.express-scripts.com)  
Specialty Medications (Accredo): 1-800-803-2523

### Prudential Life AD&D

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

### Retirement Program

#### Conrad Siegel Actuaries

1-800-577-3675, [www.myconradsiegel.com](http://www.myconradsiegel.com)  
Retirement questions hotline: 717-502-8857

### Vision Coverage

Davis Vision: 1-877-923-2847, [www.davisvision.com](http://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](http://www.prudential.com/mybenefits)

#### PSL Benefits Questions:

**1-717-502-1868 | [benefits@psl.org](mailto:benefits@psl.org)**

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

