



# 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](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.

## 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

## Retirement Program

### Conrad Siegel Actuaries

1-800-577-3675, [www.myconradsiegel.com](http://www.myconradsiegel.com)

Retirement questions hotline: 717-502-8857

## 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.

