

## CUSD Benefits Contact Information

<b>VEBA</b>		
VEBA (Admin for all medical plans & advocacy programs)	<a href="http://www.vebaonline.com">www.vebaonline.com</a>	1-619-278-0021
Best Doctors (VEBA medical treatment support)	<a href="http://www.bestdoctors.com">www.bestdoctors.com</a>	1-888-362-8677
Employee Assistance Program (EAP)	<a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a>	1-888-625-4809
<b>UNITED HEALTH CARE</b>		
United Healthcare	<a href="http://www.UHC.com">www.UHC.com</a>	1-888-586-6365
Express Scripts	<a href="http://www.express-scripts.com">www.express-scripts.com</a>	1-800-918-8011
Mental Health - Optum	<a href="http://www.vebaonline.com">www.vebaonline.com</a>	1-800-377-5451
<b>KAISER MEMBERS</b>		
Kaiser Member Services (high and low)	<a href="http://www.kp.org">www.kp.org</a>	1-800-464-4000
Kaiser/Mental Health Appointments		1-800-290-5000
<b>CHIROPRACTIC</b>		
Optum Health (for all medical plans)	<a href="http://www.myoptumhealthphysicalhealthofca.com">www.myoptumhealthphysicalhealthofca.com</a>	1-800-428-6337
<b>DENTAL</b>		
Delta PPO (Employee Only)	<a href="http://www.deltadentalins.com">www.deltadentalins.com</a>	1-866-499-3001
<b>VISION</b>		
Vision Service Plan/VSP (employee only)	<a href="http://www.vsp.com">www.vsp.com</a>	1-800-877-7195
<b>VOLUNTARY PLANS</b>		
American Fidelity	<a href="http://www.afadvantage.com">www.afadvantage.com</a>	1-951-600-0122
Hyatt/Mett Law Legal	<a href="http://www.legalplans.com">www.legalplans.com</a>	1-800-821-6400
Liberty Mutual	<a href="mailto:sara.langer@libertymutual.com">sara.langer@libertymutual.com</a>	1-858-255-3970
Standard Disability (EEEE)	<a href="http://www.standard.com/cta">www.standard.com/cta</a>	1-800-522-0406
FBC/TSA Deferred Comp: Lindsay Frazier	<a href="mailto:Lindsay.Martinez@empower-retirement.com">Lindsay.Martinez@empower-retirement.com</a>	1-619-823-1641