

# CONTACT INFORMATION



## MEDICAL AND PHARMACY

Blue Cross Blue Shield  
877.258.6781  
[www.bcbsok.com/osu](http://www.bcbsok.com/osu)  
PO Box 3283  
Tulsa, OK 74102-3283



## VISION

VSP  
800.877.7195  
[www.vsp.com](http://www.vsp.com)



## DENTAL

Delta Dental  
405.607.2100 (OKC Metro)  
800.522.0188 (Toll Free)  
[www.deltadentalok.org](http://www.deltadentalok.org)



## BASIC/SUPPLEMENTAL LIFE

Lincoln Financial  
[mylincolnportal.com](http://mylincolnportal.com)  
888.787.2129



## OKLAHOMA TEACHERS RETIREMENT SYSTEM (OTRS)

[oklahoma.gov/trs.html](http://oklahoma.gov/trs.html)  
877.738.6365



## HEALTH SAVINGS ACCOUNT

[www.mybenefitwallet.com](http://www.mybenefitwallet.com)  
877.472.4200



## LONG TERM DISABILITY

Lincoln Financial  
800.291.0112  
[mylincolnportal.com](http://mylincolnportal.com)



## FLEXIBLE SPENDING ACCOUNT

Chard-Snyder  
800.982.7715  
[www.chard-snyder.com](http://www.chard-snyder.com)



## ALTERNATE RETIREMENT PLAN (ARP) VOLUNTARY 403(B) & 457(B)

TIAA  
[www.tiaa.org/okstate](http://www.tiaa.org/okstate)  
800.842.2776



## EMPLOYEE ASSISTANCE PROGRAM

ComPysch  
[www.guidanceresources.com](http://www.guidanceresources.com)  
855.850.2397



## CANCER

American Fidelity Assurance  
Sheryl West  
[Sheryl.West@americanfidelity.com](mailto:Sheryl.West@americanfidelity.com)  
800.288.1239 ext. 201



## MUSCULOSKELETAL MANAGEMENT

Hinge Health  
[www.hingehealth.com/oklahoma/oe](http://www.hingehealth.com/oklahoma/oe)  
855.902.2777