

EMPLOYEE BENEFITS DIVISION

301 West Preston Street
Room 510
Baltimore, MD 21201

410-767-4775
Fax: 410-333-7104
1-800-30-STATE (1-800-307-8283)
Email us at: EBD.mail@maryland.gov
Twitter: MdeBDWellness

www.dbm.maryland.gov/benefits

PLAN	PHONE	WEBSITE
MEDICAL PLANS		
CareFirst BlueCross BlueShield EPO, PPO	1-800-225-0131	1-800-735-2258 (TTY) www.carefirst.com/statemd
Kaiser Permanente IHM	1-855-839-5763	1-855-839-5763 (TTY) MD Relay 711 www.my.kp.org/maryland
UnitedHealthcare Choice EPO, Choice PPO	1-800-382-7513	1-800-553-7109 (TTY/TDD) www.uhcmaryland.com
PRESCRIPTION DRUG PLAN		
Express Scripts, Inc.	1-877-213-3867 (non Medicare members)	www.express-scripts.com
	1-866-557-8211 (Medicare members)	
DENTAL PLANS		
Delta Dental DHMO	1-844-697-0578	www.deltadentalins.com/statemd
United Concordia DPPO	1-888-MD-TEETH (1-888-638-3384)	www.unitedconcordia.com/statemd
FLEXIBLE SPENDING ACCOUNTS		
ConnectYourCare	1-866-971-4646	www.connectyourcare.com/statemd
TERM LIFE INSURANCE PLAN		
Minnesota Life	1-866-883-3514	www.LifeBenefits.com/Maryland
ACCIDENTAL DEATH AND DISMEMBERMENT PLAN		
Minnesota Life	1-866-883-3514	www.LifeBenefits.com/Maryland
LONG TERM CARE INSURANCE		
The Prudential Insurance Company of America	1-800-732-0416	www.prudential.com/gltcweb/maryland
HELPFUL CONTACTS		
State Retirement Pension System	410-625-5555 or 1-800-492-5909	www.sra.state.md.us
Social Security Administration (Medicare)	1-800-772-1213	www.ssa.gov