

EMPLOYEE BENEFITS DIVISION

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Baltimore, MD 21201

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1-800-30-STATE (1-800-307-8283)
Email us at: EBD.mail@maryland.gov
Twitter: [MdEBDWellness](#)

www.dbm.maryland.gov/benefits

PLANS/ACCOUNTS INFORMATION

PLAN	PHONE	WEBSITE
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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	(TTY) MD Relay 711	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)	1-800-716-3231 (TTY)	

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

P&A Group	1-844-638-1900		www.MD.padmin.com
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TERM LIFE INSURANCE PLAN

Securian	1-866-883-3514		www.LifeBenefits.com/Maryland
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ACCIDENTAL DEATH AND DISMEMBERMENT PLAN

Securian	1-866-883-3514		www.LifeBenefits.com/Maryland
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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