

Medical Providers		Telephone Number	Web Address
United HealthCare		(800) 624-8822 HMO (866) 633-2474 PPO	www.uhcwest.com
Chiropractic (ACN)		(800) 624-8822	www.myoptumhealthphysicalhealthofca.com/ProviderLocator.asp
Anthem Blue Cross		(800) 288-6921 HMO	www.anthem.com/ca
Chiropractic (ASH)		(800) 678-9133	www.anthem.com/ca
MHN-Managed Health Network (behavioral) (for UHC or ABC members)		(888) 327-0020	www.members.mhn.com
EAP-Employee Assistance Program (all employees)			
Express Scripts, Inc. (pharmacy) (for UHC or ABC members)		(888) 806-4969	www.express-scripts.com
Kaiser Permanente		(800) 464-4000	www.kp.org
Chiropractic (ASH)		(800) 678-9133	www.ashlink.com/ash/ashco.aspx?hp-kaiserca
Dental Provider		Telephone Number	Web Address
Delta Dental of California		(866) 499-3001	www.deltadentalins.com
Vision Provider		Telephone Number	Web Address
Medical Eye Services		(800) 877-6372	www.mesvision.com
Benefits Portal		Telephone Number	Web Address
Benefit Bridge		(800) 814-1862	www.benefitbridge.com/redlands

Broker Assistance	Telephone Number Email Address
Keenan and Associates Jamie Perluss or Yolanda Mckenzie	(800) 654-8347 jperluss@keenan.com or ymckenzie@keenan.com
IRC 125 Plan	Telephone Number Web Address
American Fidelity Flexible Spending Account	800-325-0654 www.afadvantage.com
Other Resources	Telephone Number Web Address
MidAmerica Mgmt - A.P.P.L.E. Alternative Retirement System	800-634-1178 www.keenan.com
Public Employees Retirement System (PERS) - Sacramento	(888) 225-7377 www.calpers.ca.gov
Public Employees Retirement System (PERS) Regional Office - San Bernardino 650 E. Hospitality Lane, Suite 330 San Bernardino, CA 92408	Walk-in/appointments by fax request to (909) 806-4820 www.calpers.ca.gov
State Teachers Retirement System (STRS) - Sacramento	(800) 228-5453 www.calstrs.com
State Teachers Retirement System (STRS) - Regional Office - Riverside 3390 University Avenue, Suite 250 Riverside, CA 92501	(800) 228-5453 www.calstrs.com/general-information/riverside-member-service-center
Tax Deferred Plans	Telephone Number Web Address
403(b) and 457 (b) Plans Schools First Federal Credit Union	(800) 462-8328 ext. 4727 www.schoolsfirstfcu.org