

At-A-Glance Contact List

CPG Client Services

	Phone / Hours	Email	Website
Pensions and Retirement Savings Plans	866-802-6333 Monday to Friday, 8:30 AM to 8:00 PM ET 877-432-9274 (fax)	benefits@cpg.org	cpg.org cpg.org/myaccount
Medical, Dental, & Group Life/Disability	800-480-9967 877-432-9274 (fax) Monday to Friday, 8:30 AM to 8:00 PM ET	mtcustserv@cpg.org	cpg.org

Retirement Plans

	Website	Phone / Hours	App
Fidelity (for the Lay Defined Contribution and Retirement Savings Plan)	netbenefits.com cpg.org/myaccount	(877) 208-0092 Monday to Friday, 8:30 AM to 12:00 Midnight	Net Benefits Mobile App Fidelity Investment Mobile App
Forrest T. Jones (FTJ) (For assistance with Annuities, Individual Life Insurance and IRAs)	FTJ.com	877-679-2678 Monday to Friday, 7:30 AM to 7:30 PM ET	

Health Plans (ID Cards issued)

	Website	Phone / Hours	App
Anthem Blue Cross Blue Shield Medical/Behavioral Health (EAP administered by Cigna— see Cigna section)	Anthem.com	844-812-9207 Monday to Friday, 8:30 AM to 8:00 PM ET	Sydney Health App (formerly Anthem Anywhere Mobile App): Sydney Health Mobile App Sydney Health
Cigna Medical/Behavioral Health EAP	cigna.com	Members: 800-244-6224 (24/7) EAP: 866-395-7794 (24/7)	myCigna Mobile App Apple: myCigna on the App Store (apple.com) Google Play: myCigna Apps on Google Play
Delta Dental	deltadentalins.com	Members: 888-894-7059	Delta Dental Mobile App Apple: Delta Dental Plans Association on the App Store (apple.com) Google Play: Delta Dental Plans Association Apps on Google Play
Kaiser Permanente	kp.org	Colorado: 877-883-6698 Georgia: 866-800-1486 Mid-Atlantic States: 877-740-4117 Northwest: 866-800-3402 Northern California: 800-663-1771 Southern California: 800-533-1833	Kaiser Permanente Mobile App Apple: Kaiser Permanente on the App Store (apple.com) Google Play: Kaiser Permanente Apps on Google Play
Express Scripts Prescription Drug Benefits	express-scripts.com	800-841-3361 (24/7)	Express Scripts Mobile App Express Scripts Pharmacy Mobile App Express Scripts (express-scripts.com)

Additional Benefits	Website	Phone / Hours	App
EyeMed Vision Care	eyemedvisioncare.com/ecmt	Members: 866-723-0513 Pre-enrollment: 866-723-0596 Monday to Saturday, 8:00 AM to 11:00 PM ET Sunday 11:00 AM to 8:00 PM ET	EyeMed Members Mobile App Apple: EyeMed on the App Store (apple.com) Google Play: EyeMed Apps on Google Play
Health Advocate	HealthAdvocate.com password: episcopal	866-695-8622 (24/7)	Health Advocate Mobile App Apple: Health Advocate SM on the App Store (apple.com) Google Play: Health Advocate - Apps on Google Play
HealthEquity (Health Savings Accounts) Debit Cards may be issued	healthequity.com	866-346-5800 (24/7)	HealthEquity Mobile App Apple: HealthEquity Mobile on the App Store (apple.com) Google Play: HealthEquity Mobile - Apps on Google Play
UnitedHealthcare Global Assistance	worldwatch.uhcglobal.com/	800-527-0218 (from U.S., Canada, Puerto Rico, Virgin Islands and Bermuda) 410-453-6330 (from all other locations, call collect) Open 24/7	

Disability Insurance	Website	Phone / Hours	App
American Family Life Assurance Company of New York (Aflac)	mygrouplifedisability.aflac.com	800-206-8826	