

Important Benefits Contacts

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This insert lists important benefits telephone numbers and Internet site addresses. For general information or to contact a plan administrator, call the Verizon Benefits Center, as described below.

General information about your benefits		
Your Benefits Resources™		www.verizon.com/benefits
Verizon Benefits Center	Verizon Benefits Center P.O. Box 1457 100 Half Day Road Lincolnshire, IL 60069-1457	1-877-4VzBens <ul style="list-style-type: none"> • Enter the last four digits of your social security number and your date of birth. (You may also be prompted to enter your home ZIP code.) • Then choose from one of the following menu options: <ul style="list-style-type: none"> — Retirement and Pension — Savings Plan — Healthcare — Life and Disability

Plan or program	Telephone number	TTY (if available)	Internet site address (if available)
Medical plan			
Managed care network (MCN) and MEP PPO			
Aetna, Inc. Claims and appeals administrator and member services	1-800-247-5482	1-800-325-5976	www.aetna.com
<p>Prescription drug program Medco Claims and appeals administrator and member services</p> <p>For pharmacists only: To receive coverage review for drugs listed in the SPD under "Medications That Require Coverage Review"</p> <p>To initiate a review for the drugs listed as requiring a lesser review in the SPD under "Medications That Require Coverage Review"</p>	<p>1-877-877-1878</p> <p>1-800-626-6270</p> <p>1-888-248-4670</p>	1-800-759-1089	www.medco.com
Other medical plan contacts			
<p>LASIK discount information Davis Vision, Inc. Claims administrator</p>	1-877-999-7006	1-800-523-2847	www.davisvision.com
<p>HMO supplemental mental health and substance abuse treatment benefits MHN Claims administrator</p>	1-800-777-7991		

Plan or program	Telephone number	TTY (if available)	Internet site address (if available)
Dental expense plan			
PDP or out-of-area option (CWA only)			
Metropolitan Life Insurance Company Benefits administrator, member services and claims and appeals administrator	1-800-988-8331		www.metlife.com/dental
Standard option (IBEW only)			
Aetna, Inc. Benefits administrator, member services and claims and appeals administrator	1-800-843-3661		www.aetna.com
DMO option			
Aetna, Inc. Benefits administrator, member services and claims and appeals administrator	1-800-843-3661		www.aetna.com
Survivor benefits			
Basic life Verizon Benefits Center Benefits administrator and claims and appeals administrator	1-877-4VzBens		www.verizon.com/benefits
Supplemental life Verizon Benefits Center Benefits administrator and claims and appeals administrator	1-877-4VzBens		www.verizon.com/benefits
Long-term care insurance			
Mutual of Omaha Benefits administrator, customer service center and claims and appeals administrator	1-800-877-1052		
Savings plan			
Verizon Savings Plan Service Center Benefits administrator	1-888-457-9333		www.netbenefits.com

Plan or program	Telephone number	TTY (if available)	Internet site address (if available)
Pension plan			
Verizon Benefits Center Benefits administrator	1-877-4VzBens		www.verizon.com/benefits
Other pension plan contacts			
<i>Pension Benefit Guaranty Corporation</i> Plan insurance	1-800 400-7242	1-800-877-8339 and ask to be connected to 800-400-7242	http://www.pbgc.gov/
Additional contacts			
<i>Qualified Order Team</i> Qualified medical child support orders (QMCSOs) (Medical plan, dental expense plan, savings plan and pension plan)	1-877-4VzBens		www.verizon.com/benefits
<i>COBRA</i> Verizon Benefits Center (Medical plan and dental expense plan)	1-877-4VzBens		www.verizon.com/benefits

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