

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

<http://www.dbm.maryland.gov/benefits>

PLANS/ACCOUNTS INFORMATION

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	my.kp.org/maryland
UnitedHealthcare Choice EPO, ChoicePlus PPO	1-800-382-7513	(TTY) MD Relay 711	www.uhcmaryland.com
PRESCRIPTION DRUG PLAN			
CVS Caremark	(844) 460-8767	(800) 863-5488 (TTY)	https://info.caremark.com/stateofmaryland
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		md.padmin.com
TERM LIFE INSURANCE PLAN			
MetLife	1-866-574-2863		https://metlife.com/stateofmd
ACCIDENTAL DEATH AND DISMEMBERMENT PLAN			
Metlife	1-866-574-2863		https://metlife.com/stateofmd

HELPFUL CONTACTS

State Retirement Pension System	410-625-5555 or 1-800-492-5909	www.sra.state.md.us
Social Security Administration	1-800-772-1213	www.ssa.gov
Medicare	1-800-Medicare	www.medicare.gov
SPS Benefits System*	410-767-4112	https://wd5.myworkday.com/stateofmaryland/d/home.html
Instructions (Job Aids) for SPS Benefits System	410-767-4775	https://dbm.maryland.gov/sps/

*MDOT, Judiciary, General Assembly, University and DHS employees should contact your agency help desk for login assistance.

Availability of Summary Health Information

As an employee, the health benefits available to you represent a significant component of your compensation package. They also provide important protection for you and your family in case of illness or injury.

The State of Maryland offers a series of health coverage options. Choosing a medical plan is an important decision. To help you make an informed choice, we make available a number of documents including our Guide to Your Health Benefits (Guide) and a Summary of Benefits and Coverage (SBC). The SBC summarizes important information about any of the medical plan options available to you in a standard format to help you compare options. The Guide provides a more detailed description of all of the health benefits options available to you, not just the medical plans.

The SBCs are available on our website at www.dbm.maryland.gov/benefits. A paper copy is also available, free of charge, by calling the Employee Benefits Division at 410-767-4775 or 1-800-307-8283.