



# Health & Wellness Vendor Navigation

The Office of Employee Health & Wellness wants to connect *you* with the State of Maine's Health and Wellness vendors!



Below we'll introduce you to benefits offered to plan members through the State of Maine Health Plan and let you know how to get in touch with them.

## Meet Your Vendors



### Carrum Health (Premium Surgery)

Carrum Health takes the guesswork out of surgery. Gain access to the most experienced surgeons, and receive expert guidance throughout the entire process.

### Capital Rx (Pharmacy Benefit Manager)

Capital Rx will help you understand and access your prescription benefits, save money on health care, and lead a healthier life.

### ASIFlex (Flex Spending Accounts)

A national employee benefits provider specializing in the administration and implementation of Flexible Spending Accounts.

### Living Resources (ComPsych)

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available to employees and retirees of the State of Maine and all of their household members. Available 24 hours a day, 7 days a week.

### Livongo (Diabetes Support)

A diabetes support program that provides diabetes supplies and coaching at no cost to you!

### MCD Global Health (WellStarME)

A website that is customized to your own health and provides numerous health and wellness resources that will help you identify areas where you can maintain or improve your health.

### Voya, Empower & Corebridge Financial (MaineSaves 457B Plan)

A voluntary retirement savings program. You choose how much you'd like to save and where you'd like your money invested. This is an easy, pre-tax way to save additional funds towards retirement conveniently through payroll deduction.

# Vendor Navigation Tool



Program	Administrating Vendor	Vendor Contact Numbers	EH&W Website Information
Health Plan Medicare Advantage Plan	<u>Anthem</u>  <u>Aetna</u>	Anthem: 1-844-273-4614  Aetna: 1-855-850-0039 1-800-325-5976 TTY	<a href="https://www.maine.gov/bhr/oe/benefits/som-health-plan">https://www.maine.gov/bhr/oe/benefits/som-health-plan</a>  <a href="https://www.maine.gov/bhr/oe/benefits/health-prescriptions/medicare-advantage-plan">https://www.maine.gov/bhr/oe/benefits/health-prescriptions/medicare-advantage-plan</a>
Dental Plan	<u>Delta Dental</u>	1-800-832-5700 1-800-332-5905 TTY	<a href="https://www.maine.gov/bhr/oe/benefits/dental">https://www.maine.gov/bhr/oe/benefits/dental</a>
Pharmacy Rx	<u>Capital Rx</u>	1-888-832-2779	<a href="https://www.maine.gov/bhr/oe/benefits/health-prescriptions">https://www.maine.gov/bhr/oe/benefits/health-prescriptions</a>
Premium Surgery	<u>Carrum Health</u>	1-888-855-7806	<a href="https://www.maine.gov/bhr/oe/benefits/directory">https://www.maine.gov/bhr/oe/benefits/directory</a>
Pain Management Program	<u>Hinge Health</u>	1-855-902-2777	<a href="https://hingehealth.com/stateofmaine/oe">hingehealth.com/stateofmaine/oe</a>
Vision Plan	<u>Anthem Blue View Vision</u>	1-866-723-0515	<a href="https://www.maine.gov/bhr/oe/benefits/directory">https://www.maine.gov/bhr/oe/benefits/directory</a>
Flexible Spending Accounts	<u>ASIFlex</u>	1-800-659-3035	<a href="https://www.maine.gov/bhr/oe/benefits/flexible-spending">https://www.maine.gov/bhr/oe/benefits/flexible-spending</a>
Living Resources Program	<u>ComPsych</u>	1-844-207-5465	<a href="https://www.maine.gov/bhr/oe/benefits/living-resources">https://www.maine.gov/bhr/oe/benefits/living-resources</a>
Diabetes Management	<u>Livongo</u>  <u>Virta Health</u>	Livongo: 1-800-945-4355  Virta Health: <a href="https://www.virtahealth.com/contact">www.virtahealth.com/contact</a>	<a href="https://www.maine.gov/bhr/oe/benefits/directory">https://www.maine.gov/bhr/oe/benefits/directory</a>  <a href="https://www.maine.gov/bhr/oe/virtahealth">https://www.maine.gov/bhr/oe/virtahealth</a>
Wellness	<u>WellStarME</u>	207-620-9202	<a href="https://www.maine.gov/bhr/oe/wellness">https://www.maine.gov/bhr/oe/wellness</a>
MaineSaves 457b Plan	<u>Voya</u> <u>Empower</u> <u>Corebridge Financial</u>	Voya: 1-800-584-6001 Empower: 1-855-756-4738 Corebridge Financial: 1-800-448-2542	<a href="https://www.maine.gov/bhr/oe/benefits/Saving for Retirement">https://www.maine.gov/bhr/oe/benefits/Saving for Retirement</a>

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