Benefit Contacts



If you have benefit questions and you aren't able to find the answers you are looking for, reach out to us.

The Benefits Team
Monday - Friday
8:15 a.m. - 5:00 p.m. EST
benefits@gmhec.org
802-443-5485



HealthEquity (Health Savings Account - HSA, Flexible Spending Accounts FSAs, COBRA continuation of coverage & HRAs)

View HSA balance information, submit claims, upload documentation, manage investments.
HSA Help: 866-346-5800 **FSA Help: 877.924.3967**

InvestEAP Password: **champlain**

Use as a resource for yourself and your household when life's challenges arise.
866-660-9533

MyCigna (Medical)

Access your Medical Insurance Card, Cigna Telehealth Connection - MD Live, track your claims, get answers to FAQs.
800-244-6224 - member support **888-806-5042** - pre-enrollment Cigna One Guide

MyCigna - Total Behavioral Health (Medical)

Access Cigna's programs to help with mental health and well-being challenges.

Nationwide Pet Insurance

Get quotes or enroll in Nationwide Pet Insurance.
877-738-7874

Northeast Delta Dental

Find providers, view balances, view coverage info, register for HOW®.
800-832-5700

Unum Travel Assistance - Assist America

If you travel 100+ miles from home, download the Assist America Mobile App for all kinds of support in the event of an emergency.
800-872-1414 - in the U.S. **(US Access Code)+609-986-1234 - outside the U.S.**

TIAA (Retirement)

Access calculators and tools that may help your retirement plan, view your balances and manage your investments. Download the app.
800-842-2252

VSP (Vision)

Calculate possible vision care savings, find in-network providers, view special offers.
800-877-7195

Well-Being Resources

Take a look at the guide to the well-being resources you have access to through our Well-Being Coordinator, Rebecca Schubert of GMHEC.

Well-Being Calendar

All the Well-Being events - from virtual workouts to webinars.