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| **Carrier Contact List** | | | |
| **Coverage** | **Carrier** | **Phone Number** | **Website/Email** |
| Medical/Prescription | Kaiser | **800-966-5955** | [www.kp.org/thrive](http://www.kp.org/thrive) |
| Dental | HDS-Kaiser | **800-232-2533** | [www.kp.org/thrive](http://www.kp.org/thrive) |
| Medical/Dental/Prescription | HMSA | **800-776-4672** | [www.hmsa.com](http://www.hmsa.com) |
| Vision | EyeMed | **866-804-0982** | [eyemedvisioncare.com](https://www.eyemedvisioncare.com/) |
| Retirement | Empower | **877-778-2100** | [prudential.com/online/retirement](https://www.prudential.com/online/retirement) [retirement@bayada.com](mailto:retirement@bayada.com) |
| Hartford Voluntary Products | Hartford | **AI/HI/CI Claims:  866-547-4205**  **Short-term Disability Claims:  888-301-5615** | [thehartford.com/benefits/BAYADA](http://www.thehartford.com/benefits/BAYADA) |
| COBRA | Taben | **800-675-7341** | [taben.webcobra.com/ newaccount](https://taben.webcobra.com/%20newaccount) |