



### Your Resource Guide

This resource guide provides all the contact information for benefits in one place, making it a convenient one-stop shop. It's also an excellent source that allows you to easily see all the benefits available to you.

You can download the file or print it out for future reference. Be sure to check back every so often because the information changes once in awhile.

## General Information

# GENERAL INFO & ANNUAL ENROLLMENT

Oncor Benefits Center 1.833.253.4927 Monday through Friday, 8 a.m. to 5 p.m. CST myhrconnection.oncor.com

# BENEFITS & LIVE WELL INFORMATION

Oncor

http://intranet.corp.oncor.com

#### **BENEFITS INFORMATION**

Oncor

oncorbenefits.com/ee

#### WHERE TO GO FOR MENTAL/BEHAVIORAL HEALTH SERVICES

Confidential Resources Available to You and Your Family 24/7/365

(For Participants in an Oncor Medical Option)

**BCBSTX** 

1.877.213.6898 bcbstx.com

Offers coverage for a range of mental/behavioral health issues, including counseling and hospitalization, subject to applicable copays and coinsurance. My Medical Ally 1.888.361.3944 mymedicalally.alight.com

Mental healthcare when you need it most. Offers quality care that is personalized, compassionate and confidential. **MDLive (Telemedicine)** 1.877.213.6898

1.8//.213.6898 mdlive.com/bcbstx

Offers confidential counseling sessions, subject to a copay for each session.

(Available to All Employees and Their Household Members)

Magellan Healthcare

1.800.327.6608 Member.MagellanHealthcare.com

Provides up to 8 pre-paid (free to you) counseling sessions per issue, per 12-month period. The program offers in-person and virtual therapy options through a national network of licensed professionals.

### Healthcare

#### **MEDICAL**

#### **Medical Coverage**

BCBSTX 1.877.213.6898 bcbstx.com

#### Health Savings Account (HSA)

Fidelity 1.800.544.3716 netbenefits.com

#### Health Reimbursement Account (HRA)

Optum Financial 1.877.292.4040 optumfinancial.com

#### 24-Hour Nurseline

BCBSTX 1.877.213.6898 bcbstx.com

#### **Gender Transition**

**BCBSTX** 

1.877.213.6898 bcbstx.com

#### Mental/ Behavioral Health

See attached box for options

# PRESCRIPTION DRUG

CVS/Caremark

1.866.339.0593 caremark.com

#### **DENTAL**

Aetna

1.877.238.6200 aetna.com

#### **VISION**

UnitedHealthcare (UHC) Vision 1.800.638.3120 myuhcvision.com

#### FAMILY SUPPORT

Dependent Care Flexible Spending Account (DCFSA)

#### Optum Financial 1.877.292.4040 optumfinancial.com

#### **Adoption Benefits**

HR Advocacy oncres1@oncor.com View Adoption Policy

#### Backup Care Support

#### Magellan Healthcare

1.800.327.6608 <u>Member.</u> <u>MagellanHealthcare.</u> <u>com</u>

#### Women's Fertility and Family Health Support

(Participants in an Oncor Medical Option)

#### Ovia

1.877.213.6898 bcbstx.com

#### MORE TOOLS TO MANAGE YOUR HEALTH

#### Magellan Healthcare – Confidential Resources Available to Help Reset and Restart All Employees 24/7/365

Mental/ Behavioral Health Counseling

ww

1.866.204.2885

ww.com/us/oncor

Lifestyle Coaching Work-Life Services BetterHelp (Virtual Mental Health Therapy)

Neuroflow (Digital Emotional Wellbeing Program)

Workplace Support - Fees may apply

## Above Resources Provided Through Magellan Healthcare 1.800.327.6608

Member.MagellanHealthcare.com

#### Weight Management Support

(Available to Those in an Oncor Medical Option)

BCBSTX 1.877.213.6898 bcbstx.com (Available to All Employees & Incentive for Those with 3 or More Risk Factors)

WondrHealth wondrhealth. com/Oncor Navigate Health Coaching 1.888.595.6750

#### **Diabetes Support**

(Participants in Oncor Medical Option)

Teladoc Health (formerly Livongo) 1.800.Teladoc (835.2362) teladochealth.com/Smile/ONCOR Website Registration Code: ONCOR (Available to Those with 3 or More Risk Factors)

Omada (Pre-Diabetes Support) omadahealth.com/oncor

### Hypertension Support

(Participants in Oncor Medical Option)

Teladoc Health (formerly Livongo) 1.800.Teladoc (835.2362) teladochealth.com/Smile/ONCOR Website Registration Code: ONCOR

#### Muscular Pain Support

(Participants in Oncor Medical Option)

Hinge Health 1.855.902.2777 hinge.health/ oncor Airrosti Rehab Centers 1.800.404.6050 airrosti.com

#### **Medical Decision Support**

(Participants in Oncor Medical Option)

My Medical Ally 1.888.361.3944 mymedicalally.alight.com

# Telemedicine Includes Mental/Behavioral Health

(Participants in Oncor Medical Option)

MDLive 1.877.213.6898 mdlive.com/bcbstx

## Tobacco Cessation Support

(Participants in Oncor Medical Option)

(Available to All Employees)

BCBSTX

1.877.213.6898 bcbstx.com Navigate 1.888.596.6750 oncorlivewell.com Quit For Life® 1.866.784.8454 quitnow.net

#### **Incentive Opportunities**

(Available to All Employees Including Those Not Enrolled in an Oncor Medical Option)

#### Navigate (For Info and Physician Results Forms)

1.888.596.6750

oncorlivewell.com / Email: info@oncorlivewell.com

#### Health Care Flexible Spending Account (HCFSA)

(Available to Employees Enrolled in an HRA or That Waive an Oncor Medical Option)

**Optum Financial** 1.877.292.4040

1.877.292.4040 optumfinancial.com





