



# Employee Health and Wealth Contacts and Resources

<p><b>King County Retirement:</b> retirement questions</p>	<p>Phone: 206-684-1556 option #3 or 800-325-6165 ext. 41556          Fax: 206-296-7700          Email: <a href="mailto:kc.retirement@kingcounty.gov">kc.retirement@kingcounty.gov</a>          Web:  <a href="https://kingcounty.gov/audience/employees/benefits/retirement.aspx">https://kingcounty.gov/audience/employees/benefits/retirement.aspx</a></p>	<p><b>Retirement Navigator</b>          Carmen Johnson          Phone: 206-263-1096          Email: <a href="mailto:carmen.johnson@kingcounty.gov">carmen.johnson@kingcounty.gov</a></p>
<p><b>Deferred Compensation:</b> Deferred Compensation questions</p>	<p><b>Plan Administrator @ King County</b>          Phone: 206-263-9250          Email: <a href="mailto:kcddeferredcomp@kingcounty.gov">kcddeferredcomp@kingcounty.gov</a>          Web:  <a href="https://kingcounty.gov/audience/employees/benefits/retirement/deferred-compensation.aspx">https://kingcounty.gov/audience/employees/benefits/retirement/deferred-compensation.aspx</a></p> <p><b>T. Rowe Price: 888-457-5770</b>          Web:  <a href="https://www.troweprice.com/workplace/en/login.html?pdurl=/rws/participant/s/goto/my+account/">https://www.troweprice.com/workplace/en/login.html?pdurl=/rws/participant/s/goto/my+account/</a></p>	<p><b>Plan Administrator</b>          Osceola "O.C." Collier          Phone: 206-263-9369          Email: <a href="mailto:osceola.collier@kingcounty.gov">osceola.collier@kingcounty.gov</a></p>
<p><b>Pension:</b> PERS 1, 2, and 3, LEOFF, PSERS, purchase of service credits, annuities</p>	<p><b>Department of Retirement Systems (DRS)</b>          Phone: 800-547-6657          Web: <a href="http://www.drs.wa.gov">www.drs.wa.gov</a>          Email: <a href="mailto:recep@drs.wa.gov">recep@drs.wa.gov</a></p>	<p><b>Retirement Navigator</b>          Carmen Johnson          Phone: 206-263-1096          Email: <a href="mailto:carmen.johnson@kingcounty.gov">carmen.johnson@kingcounty.gov</a></p>
<p><b>Retirement Educational Classes</b></p> <p><b>Washington State Department of Retirement Systems (DRS)</b></p>	<p>Classes offered to help you prepare for retirement: <i>Road to Retirement</i>, <i>Medicare 101</i>, <i>Introduction to Social Security</i>, and <i>Your DRS Pension</i>. For details and registration, go to the Benefits and Retirement Events Calendar:  <a href="https://kingcounty.gov/en/legacy/audience/employees/benefits/calendar.aspx">https://kingcounty.gov/en/legacy/audience/employees/benefits/calendar.aspx</a>          Email: <a href="mailto:kc.orientations@kingcounty.gov">kc.orientations@kingcounty.gov</a></p> <p>The DRS offers several options to help you learn about the state retirement plans.  <i>Nearing Retirement Seminars</i> can be found at:</p>	<p><b>Retirement Navigator</b>          Carmen Johnson          Phone: 206-263-1096          Email: <a href="mailto:carmen.johnson@kingcounty.gov">carmen.johnson@kingcounty.gov</a></p>

	<a href="https://www.drs.wa.gov/life/retire/seminar/">https://www.drs.wa.gov/life/retire/seminar/</a> Webinars: <a href="https://www.drs.wa.gov/webinars/">https://www.drs.wa.gov/webinars/</a> A large selection of informational videos: <a href="https://vimeo.com/user32359536">https://vimeo.com/user32359536</a> Phone: 800-547-6657 Email: <a href="mailto:recep@drs.wa.gov">recep@drs.wa.gov</a>	
<b>Insurance outside of King County once you retire</b>	<b>Statewide Health Insurance Benefits Advisors (SHIBA)</b> Phone: 800-562-6900 Web: <a href="http://www.insurance.wa.gov/contact-shiba">www.insurance.wa.gov/contact-shiba</a>  <b>Community Health Access Program (CHAP)</b> Phone: 800-756-5437 Email: <a href="mailto:chap@kingcounty.gov">chap@kingcounty.gov</a>	<b>Medicare &amp; Health Insurance Consultant</b> Jean Cormier Phone: 425-427-0617 Email: <a href="mailto:jean@cormierinsurance.com">jean@cormierinsurance.com</a> ***NOT AFFILIATED WITH SHIBA***
<b>Medicare</b>  <b>Social Security</b>	Phone: 800-633-4227 Web: <a href="http://www.medicare.gov">www.medicare.gov</a>  Phone: 800-772-1213 Web: <a href="http://www.ssa.gov">www.ssa.gov</a>	<b>Retirement Navigator</b> Carmen Johnson Phone: 206-263-1096 Email: <a href="mailto:carmen.johnson@kingcounty.gov">carmen.johnson@kingcounty.gov</a>
<b>King County Benefits:</b> health benefits questions	Phone: 206-684-1556 option #1 or 800-325-6165 ext. 41556 Fax: 206-296-7700 Email: <a href="mailto:kc.benefits@kingcounty.gov">kc.benefits@kingcounty.gov</a>	<b>Benefits Navigator</b> Matt Munson Phone: 206-263-1277 Email: <a href="mailto:mmunson@kingcounty.gov">mmunson@kingcounty.gov</a>
<b>Medical Plans</b> <i>To understand out-of-pocket costs for medical, dental, and vision insurance, watch this informational video:</i> <a href="https://player.vimeo.com/video/394497464">https://player.vimeo.com/video/394497464</a>	<b>KingCare and SmartCare-Regence BlueShield</b> Phone: 800-376-7926 Web: <a href="http://www.regence.com">www.regence.com</a>  <b>Kaiser Permanente</b> Phone: 888-901-4636 Web: <a href="http://www.kp.org">www.kp.org</a> Email: <a href="mailto:info@ghc.org">info@ghc.org</a>	<b>Benefits Navigator</b> Matt Munson Phone: 206-263-1277 Email: <a href="mailto:mmunson@kingcounty.gov">mmunson@kingcounty.gov</a>
<b>Prescriptions</b>	<b>Regence Blue Shield Plans – CVS Caremark</b> Phone: 844-380-8838 Web: <a href="http://www.caremark.com/">www.caremark.com/</a>  <b>Kaiser Permanente</b>	<b>Benefits Navigator</b> Matt Munson Phone: 206-263-1277 Email: <a href="mailto:mmunson@kingcounty.gov">mmunson@kingcounty.gov</a>

	Phone: 800-245-7979 Web: <a href="http://www.kp.org">www.kp.org</a>	
<b>Dental Plan</b>	<b>Delta Dental of Washington</b> Phone: 866-229-4102 Email: <a href="mailto:cservice@deltadentalwa.com">cservice@deltadentalwa.com</a> Web: <a href="http://www.deltadentalwa.com">www.deltadentalwa.com</a>	<b>Benefits Navigator</b> Matt Munson Phone: 206-263-1277 Email: <a href="mailto:mmunson@kingcounty.gov">mmunson@kingcounty.gov</a>
<b>Vision Plan</b>	<b>Vision Service Plan</b> Phone: 800-245-7979 Web: <a href="http://www.vsp.com">www.vsp.com</a>	<b>Benefits Navigator</b> Matt Munson Phone: 206-263-1277 Email: <a href="mailto:mmunson@kingcounty.gov">mmunson@kingcounty.gov</a>
<b>King County Central Payroll:</b> direct deposit, garnishments, deductions, paycheck errors, etc.	Phone: 206-684-1556 option #2 or 800-325-6165 ext. 41556 Fax: 206-296-7700 Email: <a href="mailto:payrollops@kingcounty.gov">payrollops@kingcounty.gov</a>	
<b>COBRA</b>	<b>Navia Benefits Solutions</b> Phone: 425-452-3490 (M-F 7am – 5pm) Email: <a href="mailto:cobra@naviabenefits.com">cobra@naviabenefits.com</a>	<b>Retirement Navigator</b> Carmen Johnson Phone: 206-263-1096 Email: <a href="mailto:carmen.johnson@kingcounty.gov">carmen.johnson@kingcounty.gov</a>
<b>Flexible Spending Accounts (FSA)</b> (medical and dependent care)	<b>Navia Benefits Solutions</b> Phone: 425-452-3490 (M-F 5am – 5pm) Questions: <a href="mailto:customerservice@naviabenefits.com">customerservice@naviabenefits.com</a> Claims: <a href="mailto:claims@naviabenefits.com">claims@naviabenefits.com</a> Web: <a href="http://www.naviabenefits.com/">www.naviabenefits.com/</a>	<b>Sr. Human Resource Analyst</b> Shannon Dorr Phone: 206-263-9495 Email: <a href="mailto:shannon.dorr@kingcounty.gov">shannon.dorr@kingcounty.gov</a>
<b>HRA VEBA</b>	<b>Gallagher VEBA</b> Phone: 888-659-8828 Email: <a href="mailto:customercare@hraveba.org">customercare@hraveba.org</a> Web: <a href="http://www.hraveba.org">www.hraveba.org</a>	<b>Sr. Human Resource Analyst</b> Shannon Dorr Phone: 206-263-9495 Email: <a href="mailto:shannon.dorr@kingcounty.gov">shannon.dorr@kingcounty.gov</a>
<b>Life &amp; Disability (AD&amp;D) Insurance</b>	<b>Minnesota Life Insurance Co. (subsidy of Securian Financial Group)</b> Conversion/Portability: 866-365-2374 Web: <a href="http://www.lifebenefits.com/continue">www.lifebenefits.com/continue</a> Claims: 888-658-0193 Customer Service: 866-293-6047	<b>King County Benefits</b> Phone: 206-684-1556 Email: <a href="mailto:kc.benefits@kingcounty.gov">kc.benefits@kingcounty.gov</a>

<p><b>Long &amp; Short – Term Disability Insurance</b></p>	<p><b>The Standard</b>  Claims: 844-239-3567  Web: <a href="http://www.standard.com">www.standard.com</a></p>	<p><b>King County Benefits</b>  Phone: 206-684-1556  Email: <a href="mailto:kc.benefits@kingcounty.gov">kc.benefits@kingcounty.gov</a></p>
<p><b>Workplace Stress:</b>  counseling, conflict with co-workers, and support for supervisors, and HR</p>	<p><b>Employee Assistance Program (EAP)</b>  Phone: 206-263-8733 (M-F 8am – 5pm)  Email: <a href="mailto:hrdeap@kingcounty.gov">hrdeap@kingcounty.gov</a>  Web: <a href="https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx">https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx</a></p>	
<p><b>Personal Counseling:</b>  Emotional well-being resources and support including confidential counseling and online tools.</p>	<p><b>Making Life Easier Program (MLE) powered by CuraLinc Healthcare</b>  Available at no charge to all King County employees and people in their households.  Phone: 888-874-7290 available 24/7  Online access: <a href="https://kingcounty.mysupportportal.com/">https://kingcounty.mysupportportal.com/</a>  ➤ <i>Create account using code: kingcounty</i>  Web: <a href="https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx">https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx</a></p>	<p><b>Balanced You</b>  Phone: 206-263-9626  Email: <a href="mailto:Balancedyou@kingcounty.gov">Balancedyou@kingcounty.gov</a>  Web: <a href="https://kingcounty.gov/audience/employees/balanced-you.aspx">https://kingcounty.gov/audience/employees/balanced-you.aspx</a></p>
<p><b>Financial Wellness</b></p>	<p><b>My Secure Advantage</b>  Phone: 888-874-7290 (M-F 6am – 8pm)  Online access: <a href="https://kingcounty.mysecureadvantage.com/">https://kingcounty.mysecureadvantage.com/</a>  ➤ <i>Click register</i>  ➤ <i>Enter employee ID (PeopleSoft number that leads with zeros)</i></p>	