Important Benefits Contacts

This insert lists important benefits telephone numbers and Internet site addresses. For general information or to contact a plan administrator, call the Verizon Benefits Center, as described below.

General information about your benefits					
Your Benefits Resources™				www	.verizon.com/benefits
Verizon Benefits Center		Verizon Benefits Center P.O. Box 1457 100 Half Day Road Lincolnshire, IL 60069-1457		Enter the last four digits of your social security number and your date of birth. (You may also be prompted to enter your home ZIP code.) Then choose from one of the following menu options: Retirement and Pension Savings Plan Health Care Life and Disability Voluntary Separation	
Plan or program		ephone nber	TTY (if available)		Internet site address (if available)
Medical plan					
Managed care network (MCN) and MEP PPO					
Aetna, Inc. Claims and appeals administrator and member services	1-800	0-247-5482	1-800-325-5976		www.aetna.com

Prescription drug program Medco Claims and appeals administrator and member services	1-877-877-1878	1-800-759-1089	www.medco.com	
For pharmacists only:				
 To receive coverage review for drugs listed in the SPD under "Medications That Require Coverage Review" To initiate a review for the drugs listed as requiring a lesser review in the SPD under "Medications That Require Coverage Review" 	1-800-626-6270 1-888-248-4670			
Other medical plan contacts				
LASIK discount information Davis Vision, Inc. Claims administrator	1-877-999-7006	1-800-523-2847	www.davisvision.com	
HMO supplemental mental health and substance abuse treatment benefits MHN Claims administrator	1-800-777-7991			
Dental expense plan				
PDP or out-of-area option (CWA only)				
Metropolitan Life Insurance Company Benefits administrator, member services and claims and appeals administrator	1-800-988-8331		www.metlife.com/dental	
Standard option (IBEW only)				
Aetna, Inc. Benefits administrator, member services and claims and appeals administrator	1-800-843-3661		www.aetna.com	
DMO option				

Aetna, Inc. Benefits administrator, member services and claims and appeals administrator	1-800-843-3661		www.aetna.com	
Vision care plan				
For CWA-represented associat	tes			
Davis Vision, Inc. Member services, benefits administrator and claims and appeals administrator	1-877-999-7006	1-800-523-2847	www.davisvision.com	
For IBEW-represented associa	tes			
Vision service plan (VSP) Member services, benefits administrator and claims and appeals administrator	1-800-877-7195	1-800-428-4833	www.vsp.com	
Flexible reimbursement plan				
Your Spending Account P.O. Box 785094 Orlando, FL 32878-5094	1-877-4VzBens 1-866-209-5276 (fax)		www.verizon.com/benefits	
Other flexible reimbursement	, ,			
Internal Revenue Service			www.irs.gov	
Forms and publications			_	
Survivor benefits				
Basic life and Basic AD&D Verizon Benefits Center Benefits administrator and claims and appeals administrator	1-877-4VzBens		www.verizon.com/benefits	
AD&D, supplemental life, supplemental AD&D and dependent life Verizon Benefits Center Benefits administrator and claims and appeals administrator	1-877-4VzBens		www.verizon.com/benefits	
Disability plans				
Sickness and accident disability benefit plan				
Metropolitan Life Insurance Company (MetLife) Claims and appeals administrator and benefits administrator	1-800-638-4228		www.mybenefits.com	

Long-term disability plan				
Metropolitan Life Insurance Company (MetLife) Claims and appeals administrator and benefits administrator	1-800-638-4228		www.mybenefits.com	
Long-term care insurance	2			
Mutual of Omaha Benefits administrator, customer service center and claims and appeals administrator	1-800-877-1052			
Income security plan	1-877-4VzBens, Option 5 (voluntary separations)			
Savings plan				
Verizon Savings Plan Service Center Benefits administrator	1-888-457-9333		www.netbenefits.com	
Pension plan				
Verizon Benefits Center Benefits administrator	1-877-4VzBens		www.verizon.com/benefits	
Other pension plan contacts				
Pension Benefit Guaranty Corporation Plan insurance	1-800-400-7242	1-800-877-8339 and ask to be connected to 800-400-7242	http://www.pbgc.gov/	
Additional contacts				
Qualified Order Team Qualified medical child support orders (QMCSOs) (Medical plan, Dental expense plan, Vision care plan, Flexible reimbursement plan, Savings plan and Pension plan)	1-877-4VzBens		www.verizon.com/benefits	
COBRA Verizon Benefits Center (Medical plan, Dental expense plan, Vision care plan and Flexible reimbursement plan)	1-877-4VzBens		www.verizon.com/benefits	
Additional benefits and p	rograms			

VZ-LIFE					
Employee Assistance Program	1-800-845-0632		www.verizon.com/life		
Adoption reimbursement plan					
VZ-LIFE Harris Rothenberg International (HRI) 99 Wall Street 8th Floor New York, NY 10005	1-800-845-0632		www.verizon.com/life		
Education loan program					
ConSern	1-800-SOS-LOAN (1-800-767-5626)		www.consern.com (password: sosloan)		
Family Medical Leave Act (FM	Family Medical Leave Act (FMLA)				
Absence Reporting Center	1-877-4VzBens				
Founders' Stock Option Grant					
Fidelity Investments	1-888-457-9333		www.netbenefits.com		
Leaves of absence					
Absence Management Center 13100 Columbia Pike, C14 Silver Spring, MD 20904	1-877-4VzBens		Go to Digital Workplace Click on About You Click on Work/Life Events Click on Time Off & Leave Policies		
Tuition assistance plan	Tuition assistance plan				
Council for Adult and Experimental Learning (CAEL)	1-866-994-3470		http://tamsonline.org/vztap		
Subrogation vendor					
Healthcare Recoveries Attention: Verizon Subrogation Unit P.O. Box 32200 Louisville, KY. 40232	1-800-395-5568				

Mid-Atlantic IBEW and CWA Associates Effective: 01/01/07