



Provider Links and Customer Service Numbers

United HealthCare

<https://member.uhc.com>

866.801.4409

OptumRx

<https://www.optumrx.com/>

800.356.3477

Metlife Dental + Vision

<https://online.metlife.com/edge/web/public/benefits>

844.263.8336

Code: Tilson HR

Lincoln Financial Group

<https://www.lincolnfinancial.myaccount>

800.423.2765

Code: TilsonHR

ThrivePass

<https://thrivepass.fsa/hsa>

866.855.2844

Espyr (EAP)

<https://care.espyr.com/>

800.869.0276

Code: TilsonCares

Slavic401k

<http://slavic401k.com/>

800.356.3009