

## Contact Information

Please contact the appropriate provider listed below to learn more about a specific benefit plan or contact your local Human Resources representative, at BBNC Benefits by phone (907) 265-7872 or [www.mybenefits@bbnc.net](http://www.mybenefits@bbnc.net).

<b>Care Coordination Medical, Pharmacy, Dental</b>	Quantum Health	1-866-317-6104	<a href="http://www.mybbnchealthplan.com">www.mybbnchealthplan.com</a>
<b>Grand Rounds</b>	Grand Rounds	1-800-929-0926	<a href="http://www.grandrounds.com/bbnc">www.grandrounds.com/bbnc</a>
<b>Vision</b>	Vision Service Plan (VSP)	1-800-877-7195	<a href="http://www.vsp.com">www.vsp.com</a>
<b>Diabetes Management</b>	Livongo	1-866-317-6104	<a href="http://www.mybbnchealthplan.com">www.mybbnchealthplan.com</a>
<b>Tobacco Cessation Program</b>	Quantum Health	1-866-317-6104	<a href="http://www.mybbnchealthplan.com">www.mybbnchealthplan.com</a>
<b>Teladoc</b>	Teladoc	1-800-362-2667	<a href="http://www.teladoc.com">www.teladoc.com</a>
<b>Healthcare Bluebook</b>	Healthcare Bluebook	1-866-317-6104	Download the app at App Store or Google Play: Company Code: BBNC
<b>Life/AD&amp;D, STD, LTD</b>	Unum	1-800-635-5597	<a href="http://www.unum.com">www.unum.com</a>
<b>Voluntary Accident / Critical Illness</b>	Unum	1-800-421-0344	<a href="http://www.unum.com">www.unum.com</a>
<b>Employee Assistance Program (EAP)</b>	Unum - LifeBalance	1-800-854-1446	<a href="http://www.lifebalance.net">www.lifebalance.net</a> <i>User ID and password: lifebalance</i>
<b>Section 125 - FSA / DCA</b>	Benefit Coordinators Corp. (BCC)	1-800-685-6100	<a href="http://www.benxcel.com">www.benxcel.com</a>
<b>HSA</b>	OPTUM Bank	1-844-326-7967	<a href="http://www.optumbank.com">www.optumbank.com</a>
<b>401(k)</b>	NWPS	1-888-700-0808	<a href="http://www.yourplanaccess.net/nwps/">www.yourplanaccess.net/nwps/</a>

**DISCLAIMER:** This guide is not an employee/employer contract. It is not intended to cover all provisions of all plans but rather is a quick reference to help answer most of your questions. Please see your Summary Plan Description of each plan for complete details.

This document highlights some of the provisions of the company's benefits programs as of January 1, 2018. Complete details may be found in the official plan documents. In case of a conflict between the information contained in this guide and the plan documents, the plan documents always prevail. In addition, the company reserves the right to amend or end these plans at any time for any reason with or without notice.