

2023 Parkland Benefit Resources

For help during this year's Open Enrollment, log on 24/7 to [ParklandBenefits.org](https://parklandbenefits.org) or [Parkland Intranet Home Page > Self Service Portal > Office of Talent Management](#). Use this list of Parkland Benefit Resources to help you contact the vendors when you need them. You can also contact many of these vendors by email during our Virtual Benefits Fair on Oct. 11 and 12 from 8 a.m. to 7 p.m at [ParklandBenefits.org](https://parklandbenefits.org).

AUTO & HOME INSURANCE

Travelers: 1-888-695-4640
Liberty Mutual: 1-800-699-374

CREDIT UNION

Metro Medical Credit Union: 214-630-0611
8200 Brookriver Dr., Suite N 110, Dallas, TX 75247

DENTAL

Cigna Dental HMO & Cigna Dental PPO
1-800-Cigna24 (1-800-244-6224)
Live customer service 24/7/365
[Cigna.com](https://cigna.com)

DEPENDENT VERIFICATION

Impact Interactive — 1-866-691-6551

EMPLOYEE DISCOUNTS

Beneplace
1-800-683-2886
beneplace.com/parkland

EMPLOYEE ASSISTANCE PROGRAM (EAP)

ComPsych GuidanceResources®
1-844-216-8399 | GuidanceResources.com
ID: PARKLAND | App: GuidanceResources® Now

EMPLOYMENT VERIFICATION

Group One
<https://groupone.ivrnetworks.com/groupone>

Questions? Email grouponehelpdesk@gp1.com or ddavila@gp1.com.
You can also call 972-719-4208 or 469-648-5052.

FITNESS PROGRAM

Active&Fit Now
1-844-646-2746
beneplace.com/parkland

Choose from thousands of fitness centers; change any time.

FLEXIBLE SPENDING ACCOUNTS

PayFlex
1-800-284-4885 | PayFlex.com
Username: Your employee ID number
Password: Your ZIP code

LEAVE OF ABSENCE MANAGEMENT

Sedgwick
1-844-263-3117

LEGAL PROGRAM

ARAG® Legal Center — 1-800-247-4184
araglegalcenter.com (access code 17502ph)

LIFE INSURANCE (BASIC AND SUPPLEMENTAL)

Securian Financial (Minnesota Life)
1-866-293-6047
lifebenefits.com

MYPARKLAND

PeopleSoft (for online enrollment)
From your Parkland computer: phhs.sharepoint.com
From your home computer: <https://hr.pmh.org/psp/pshr/?cmd=login>
(User ID: Parkland employee number, PeopleSoft password)

OTM Service Portal
parkland.service-now.com/otm

469-419-3000 (ext. 7-3000)
Monday-Friday 7:30 a.m. to 5 p.m.

MEDICAL & PHARMACY

Parkland Employee Health Plan
(For full-time and part-time employees with benefits)

UMR, a UnitedHealthcare Company — 1-877-370-0320
umr.com

MedImpact (Pharmacy Benefit Manager)
1-800-788-2949

MedImpact Direct (Mail-Order Service)*
1-855-873-8739

*For prescriptions written by Tier 1 and Tier 2 providers that cannot be filled through the Parkland mail-order service

Employee Health Center

4th Floor, Moody Outpatient Center
5151 Maple Ave., 214-590-2800
8 a.m. – 5 p.m. Monday through Friday

Employee Women's Wellness Center

2nd Floor of WISH Tower
469-419-1010 (ext. 7-1010)
8 a.m. – 4 p.m. Monday through Friday

PARKLAND PHARMACIES

Parkland Mail-Order Phone Line — 214-590-1400

Employee-Only Pharmacy Windows

1st floor of Moody Outpatient Center
7 a.m. – 6 p.m. Monday through Friday, 214-266-0013

1st floor of Ron J. Anderson, MD Clinic
24/7, 214-590-6120

Your COPC Pharmacy

Please check with your COPC pharmacy for hours of operation.

RedBird Health Center Pharmacy

3560 W. Camp Wisdom in Dallas, 214-266-5000
(mail order not available)

PET INSURANCE PROGRAM

Nationwide Pet Insurance — 1-877-PETS-VPI (1-877-738-7874)
petinsurance.com/affiliates/parklandhospital_pr

RETIREMENT

Supplemental Retirement Plan and Retirement Income Plan

Milliman — 1-800-995-2608
MillimanBenefits.com (account access)

On-site representative:

milliman3.fullslate.com

SUPPLEMENTAL INSURANCE COVERAGES

(CRITICAL ILLNESS, ACCIDENT AND HOSPITAL INDEMNITY)

MetLife
1-800-GET-MET8 (1-800-438-6388)

TUITION REIMBURSEMENT

EdAssist — 1-844-358-1623
Log on through Parkland Pathways

VISION

Superior Vision by MetLife — 1-833-393-5433
metlife.com/vision

WEIGHT LOSS PROGRAM

Real Appeal
1-844-924-REAL (7325)
help@realappeal.com
<https://realappeal.com/support>