

Benefits Reference Sheet

PROVIDER	TOPIC	CUSTOMER SERVICE	WEBSITE/EMAIL
SSO HR	Payroll, Policy, General Benefits, Employee Relations		ssohr@pcgus.com
GTM	Leave Administration Accommodations	877-453-1000 (message only line)	leave@gtm.com
Marshall & Sterling Employee Benefits	General Benefit Information (COBRA inquires)	Marshall & Sterling Employee Benefits Team Michelle (518) 373-0069, ext. 117 Nikki (518) 373-0069, ext. 216 Amy (518) 373-0069, ext. 106	mconway@marshallsterling.com nballevia@marshallsterling.com arobbins@marshallsterling.com
Employee Navigator	Online Benefits Portal	Marshall & Sterling Employee Benefits	www.employeenavigator.com
MVP Healthcare	Medical and Prescription	888-687-6277	www.mvphealthcare.com
Guardian	Dental, Vision, Group Life, Voluntary Life Long-Term Disability, Accident	800-541-7846	www.guardiananytime.com
Mutual of Omaha	Short Term Disability Voluntary Benefit	800-877-5176	www.mutualofomaha.com
Marshall & Sterling Employee Benefits FLEX	FLEX Benefits HSA, Medical FSA, Parking & Transit	518-373-0069, Option 4	https://www.msflex.lh1ondemand.com
Guardian	Employee Assistance Program	800-386-7055	worklife.uprisehealth.com Access Code: worklife
Nationwide	Pet Insurance	877-738-7874	www.PetsNationwide.com
Schwab	401k Investment Plan	800-724-7526	workplace.schwab.com