

Pillars of Health

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2025 Benefits Contact Card

Reminder: If you have a Life Event - such as marriage, divorce, legal separation, birth, adoption, spouse's loss of other coverage, dependent child reaching limiting age - you must notify Human Resources within 31 days of the event date.

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



For benefit questions, please
contact your Benefits Advocate,
Sabrina Dokes:

 925-407-1178

 Sabrina.Dokes@onedigital.com

Insurance Carrier	Phone #	Group #	Website
Medical: Kaiser Permanente	1-800-464-4000	642421	www.kp.org
Medical: Cigna	1-866-494-2111	00651525	www.mycigna.com
Dental: Cigna	1-800-244-6224	00651525	www.mycigna.com
Vision: VSP	1-800-877-7195	30037800	www.vsp.com
Life and AD&D/Vol Life and AD&D: Lincoln Financial Group	1-800-423-2765	10169385	www.lfg.com
Short- Term Disability: Lincoln Financial Group	1-800-423-2765	10257535	www.lfg.com
Long-Term Disability: Lincoln Financial Group	1-800-423-2765	10169386	www.lfg.com
Supplemental Health Plans: Lincoln Financial Group	1-800-423-2765	PULMONXINC	www.lfg.com
Employee Assistance Program (EAP): Lincoln Financial Group	1-888-628-4824	Username: LFGsupport Password: LFGsupport1	www.guidanceresources.com
401K: Empower Retirement	1-800-338-4015	370197-01	www.empowermyretirement.com
HSA, FSA, Commuter: Igoe	1-800-633-8818		www.goigoe.com