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# Quick References

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## Division of Insurance Administration

Benefits Administration  
Phone: 1-800-253-9981  
Fax: 1-615-741-8196  
Email: [benefits.administration@state.tn.us](mailto:benefits.administration@state.tn.us)  
Website: [www.tn.gov/finance/ins/](http://www.tn.gov/finance/ins/)

## Health Insurance

BlueCross BlueShield of Tennessee  
Phone: 1-800-558-6213  
Website: [www.bcbst.com/members/tn\\_state/](http://www.bcbst.com/members/tn_state/)

Cigna HealthCare (PPO)  
Phone: 1-800-244-6224  
Website: [www.cigna.com](http://www.cigna.com)

## ParTNers for Health

Phone: 1-866-741-6464  
Website: [www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov)

## Pharmacy

Caremark Prescription  
Phone: 1-877-522-8679  
Website: [www.caremark.com](http://www.caremark.com)

## Dental Insurance

Cigna DHMO  
Prepaid Dental Plan  
Phone: 1-800-997-1617  
Website: [www.cigna.com/sites/stateoftn](http://www.cigna.com/sites/stateoftn)

MetLife Dental  
Preferred Provider Dental Organization (PPDO)  
Phone: 1-855-700-8001  
Website: [www.mybenefits.metlife.com/stateoftn/](http://www.mybenefits.metlife.com/stateoftn/)

## Vision Insurance

Davis Vision  
Phone: 1-800-208-6404  
Website: [www.davisvision.com/stateoftn](http://www.davisvision.com/stateoftn)

## Employee Assistance Program

Optum  
Phone: 1-855-437-3486  
Website: [www.HERE4TN.com](http://www.HERE4TN.com)

## 401k Plan – Empower

Representative: Rosaline Banks  
Phone: 1-800-922-7772  
Email: [rosaline.banks@empower-retirement.com](mailto:rosaline.banks@empower-retirement.com)  
Website: [www.retirereadytn.com](http://www.retirereadytn.com)

## AFLAC

Representative: Christian & Ashuntia Paulette  
Cell: 901-304-4115  
Cell: 901-421-9241  
Email: [christian\\_paulette@us.aflac.com](mailto:christian_paulette@us.aflac.com)  
Website: [www.aflac.com](http://www.aflac.com)

## Long Term Disability

Lincoln Financial Group  
Phone: 1-800-423-2765  
Website: [www.LincolnFinancial.com](http://www.LincolnFinancial.com)  
Reference ID: TENNBOR

## Short Term Disability

MetLife Disability  
Phone: 1-855-700-8001  
Website: <https://metlife.com/StateofTN>

## Life Insurance

Securian - Minnesota Life (Optional Term)  
Phone: 1-866-881-0631  
Website: [www.lifebenefits.com/statetn](http://www.lifebenefits.com/statetn)

Fort Dearborn (Basic Term & Accidental)  
Phone: 1-800-348-4512

## Flexible Spending Accounts

Pay Flex  
Phone: 1-855-288-7936  
Website: [stateoftn.payflexdirect.com](http://stateoftn.payflexdirect.com)

## Retirement Plans

TCRS  
Tennessee Consolidated Retirement System  
Phone: 1-800-770-8277  
Email: [tcrs.counseling@state.tn.edu/](mailto:tcrs.counseling@state.tn.edu)  
Website: [www.treasury.tn.gov/tcrs/](http://www.treasury.tn.gov/tcrs/)  
Website: [www.mytcrs.com](http://www.mytcrs.com)

## AIG Retirement Services (Formally VALIC)

Representative: Scot Brothers  
Phone: 901-755-9277 or 901-533-8212 (Pager)  
Email: [barry.scot.brothers@valic.com](mailto:barry.scot.brothers@valic.com)  
Website: [www.valic.com](http://www.valic.com)

## VOYA (Formally ING)

Representative: Chat Rodgers  
Phone: 901-570-2383 or 866-776-6704  
Email: [chat.rodgers@voyafa.com](mailto:chat.rodgers@voyafa.com)  
Website: [www.ing-usa.com](http://www.ing-usa.com)

## TIAA-CREF

Phone: 1-800-842-2252 or 1-800-842-2776  
Website: [www.tiaa-cref.org/](http://www.tiaa-cref.org/)