

CONTACT PHONE LIST AND CONTACTS

BC/BS Care First
800-848-9766

Census Employment
Shelly Lowe
301-763-6420

Defense Manpower Data Center (DMDC) ID Facility
800-538-9552
Tricare Eligibility / Employment Verification Of Eligibility As Contactor / Civilian For
ID Card

Department of Labor WC
866-487-2365

Direct Deposit
FAX: 724-794-6633

DFAS / Retiree Benefits
800-321-1080

DOD ID Card
703-696-1202

Federal Record Center
866-272-6272

Fed Benefits
VIP Dental / Vision Benefits / Long Term Care / FEHB / or other
877-888-3337

FEGLI Death Claims
800-633-4542

Federal Long Term Care Insurance
800-582-3337
www.ltcfeds.com

Headquarters POSTAL SERVICE
202-268-2246

IRS
800-829-3676

Medicare Premium
Center For Medicare
7500 Security Boulevard
Baltimore, Maryland 21244-1850

Medicare
1-800-633-4227
www.medicare.gov

OFEGI Claim Unit
Post Office Box 65212
Utica, New York 13504-6512

InFirst Federal Credit Union
800-328-1500

NARFE
FAX: 703-838-7783

Office of Personnel Management (OPM) Retirement Operations Center
Post Office Box 45
Boyers, Pennsylvania 16017-0045

OPM
1-888-767-6738

OPM Special Inquiry Branch Investment
Ombudsman Office
202-606-3132

OPM Contacting Office
Blue Cross / Blue Shield
202-606-0727

Postal Service
202-268-8547

State Health Insurance Assistance Program (SHIP)
See State Contact Information

Tricare Deer
1-800-538-9552

Thrifty Savings Program (TSP)
877-968-3778
Before 04/1 / After 70 ½ Years

Veterans Administration (VA)
1-800-827-1000

VA Medical Center
928-445-4860

Workmen Comp Death Benefits
800-862-7155

INSURANCE PROVIDERS CONTACT NUMBERS

APWU
800-222-2798

Silver Sneakers
866-584-7389

AETNA
860-273-1250

United Health Care
MD-IPA

Benefed
877-888-3337

877-835-9861
800-307-7820

Blue Cross / Blue Shield
800-411-2583

Caremark
800-624-5060

Concordia
800-632-9700

Delta Dental
855-410-3255

Emblem Health
800-624-2414

GEHA
800-821-6136

Humana
800-671-2078
Kaiser Permanente
800-904-0016

Mail Handlers
800-410-7778

NALC
888-636-6252