

Company	Plan Types	Phone # or Email	Website
Health and Prescriptions			
BCBSNC	Medical Insurance	(877) 258-3334	https://www.bcbsnc.com/members/public/login-required.htm
Dental and Vision			
Guardian	Dental PPO	(800) 541-7846	https://www.guardiananytime.com/gafd/wps/portal/fdhome
Guardian	Vision VSP	(877) 814-8970	https://www.vsp.com
Life and Disability			
Guardian	ST Disability	(800) 268-2525	https://www.guardiananytime.com/gafd/wps/portal/fdhome
Guardian	LT Disability	(800) 538-4583	https://www.guardiananytime.com/gafd/wps/portal/fdhome
Guardian	Life and AD&D	(800) 525-4542	https://www.guardiananytime.com/gafd/wps/portal/fdhome
Guardian	Disability	(800) 268-2525	https://www.guardiananytime.com/gafd/wps/portal/fdhome
Supplemental Plans			
Health Equity	flex spending	(877) 713-7682 memberservices@healthequity.com	https://www.healthequity.com/learn/flexible-spending-account
AFLAC	call for policy or claims questions or login to account local rep Misty Emmart submit claims by fax to: or submit online:	(800) 992-3522 (910) 620-7144 (877) 442-3522	https://phs.aflac.com/aflac.phs.app/account/login https://www.aflac.com/individuals/policyholders/claims-checklist.aspx
Other			
Paychex	pay and time & attendance		https://paychex.centernalservers.com/
Empower	401k (click here for instruction on registering)	(888) 365-2926	Empower Retirement Participant login
UBA Benefits	Employee Benefit website		http://ebc.ubabenefits.com/containerproducts/
Holiday List	CPC Holiday Schedule (Office, Shop, Charlotte)		http://www.c-p-c.com/2019%20HOLIDAY%20SCHEDULE-.pdf