EMPLOYEE BENEFITS

CARLTON FIELDS

Benefits/401k Quick Reference

Medical Plan

www.umr.com

Go here to view medical claims, find doctor/hospital/ pharmacy, access mail order pharmacy, request ID card, use the wellness calculator.

Dental Plan

www.GuardianAnytime.com

Go here to submit and view dental claims, find a provider.

Vision Plan

www.vsp.com

Go here to find a provider and view your savings.

Employee Assistance Program

Employee Assistance Program

First Stop Health

Telemedicine & Virtual Counseling

Profit Sharing & 401k Plan

Questions about 401K/Profit Sharing?

- Contact Charles Schwab Participant Services by telephone at 1-800-724-7526.
- Representatives are available Monday through Friday, 8:00 a.m. to 10:00 p.m. EST.
- You may also access your account on the Charles Schwab link.

www.carltonfields.com

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