

Who Do I Contact?

Ventura County Health Care Plan (HMO)

Website: http://www.vchealthcareplan.org , Member Services Email: vchcp.memberservices@ventura.org	
Customer Service	(805) 981-5050 or (800) 600-8247
24/7 Nurse Advice/Health Information (no copayment)	(800) 334-9023
Teladoc (24/7 doctor visit via telephone or web; typically no co-payment)	(800) 835-2362
Mail Order Pharmacy – Express Scripts (https://www.express-scripts.com)	(800) 811-0293
Behavioral Health – Optum Health Behavioral Solutions – Life Strategies	(800) 851-7407

Blue Shield Medical Plans (Trio ACO HMO, Access+ HMO, and High-Deductible PPO)

Group# W0067449, Website: www.blueshieldca.com , myoptions.blueshieldca.com/Ventura	
TRIO ACO HMO Customer Service	(855) 747-5800
Access+ HMO and High-Deductible PPO Customer Service	(855) 256-9404
NurseHelp (available 24/7; no copayment)	(877) 304-0504
TelaDoc (24/7 doctor visit via telephone or web; typically, no copayment)	(800) 835-2362
Mail Order Pharmacy – Caremark (https://www.blueshieldca.com/wellness/drugs/mail-service-prescriptions)	(866) 346-7200
Blue Shield Mental Health Services	(877) 263-9952

MetLife Dental PPO Plan

Group# 0154209 (PDP Plus Plan), Website: www.metlife.com/countyoventura or www.metlife.com/mybenefits	
Customer Service (Member Services office for Eligibility/Claims/Benefits/Pre-certifications)	(800) 438-6388

EyeMed – Vision Plan

Group# 1041070, Website: https://eyemed.com/en-us	
Customer Service	(866) 800-5457

Chard Snyder Flexible Spending Accounts (Dependent Care, Health Care, Limited-Purpose, and Transportation)

Website: http://www.chard-snyder.com , Customer Service Email: askpenny@chard-snyder.com	
Customer Service	(800) 982-7715

HealthEquity HSA (for BlueShield HDHP-PPO enrollees only)

Website: http://www.healthequity.com	
Customer Service	(866) 346-5800

County Retiree Health Benefits

Website: https://hr.ventura.org/benefits/retiree-health-benefits ; Email: retiree.benefits@ventura.org	(805) 477-1580
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Optional Life Insurance/Basic Life Insurance – MetLife

Customer Service (Group Policy# 154209)	(800) 638-6420
Portability Customer Service	(888) 252-3607

Long Term & Short Term Disability Insurance – MetLife

Customer Service (Group Policy# 154209)	(800) 638-2242
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Short Term Disability Insurance – COV Wage Supplement Plan (WSP)

Website: https://hr.ventura.org/benefits/absence-management-disability-plans	(805) 654-2780
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Absence Management Program

Website: https://hr.ventura.org/benefits/absence-management-disability-plans	
Absence Management Analyst Email: LOA.Benefits@ventura.org	(805) 677-8785

Employee Assistance Program (EAP)

Website: https://hr.ventura.org/benefits/employee-assistance-program	(805) 654-4327
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Employee Emergency Assistance Program (EEAP)

Website: https://hr.ventura.org/benefits/employee-emergency-assistance-program	(805) 654-2269
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Wellness Program

Website: https://vcwell.ventura.org/	(805) 654-2628
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Lactation Accommodation Information

Website: https://hr.ventura.org/benefits Email: WorkLife@ventura.org	(805) 677-8785
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Deferred Compensation Program (401k and 457 Plans)

Website: https://dc.ventura.org/	(805) 654-2620
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COBRA/Direct Bill Administrator – Optum Financial

Website: https://cobra.optumfinancial.com	(855) 687-2021
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County of Ventura – CEO/HR/Benefits

800 S. Victoria Avenue, Loc# 1970, Ventura, CA 93009-1970

PHONE (805) 654-2570 FAX (805) 654-2665

Email: Benefits.ServiceRep@ventura.org

Internet: <https://hr.ventura.org/benefits>

Intranet: <http://myvcweb/index.php/hr/benefits/home>