











## QUICK REFERENCE

The following is a “quick reference” list of frequently used phone numbers and website addresses.

	<b>National IAM Benefit Trust Fund</b>	<a href="http://www.iambtf.org">www.iambtf.org</a>
	Verify eligibility or for Fund Office support:	800-457-3481
	<b>EyeMed Vision Benefits</b>	<a href="http://www.eyemed.com">www.eyemed.com</a>
	EyeMed Member/Patient Services:	866-800-5457
	EyeMed Doctors/Providers only:	800-521-3605
  	<b>Quantum Health (CareFirst Administrators) Medical Benefits</b>	<a href="http://www.MyNIAMBenefits.com">www.MyNIAMBenefits.com</a>
	Verify medical coverage, benefits, and claim status:	866-871-0839
	CareFirst Administrators – provider network:	<a href="http://www.cfablue.com">www.cfablue.com</a>
	CareFirst EAP:	866-408-2755
	CareFirst Closeknit – telehealth visits:	866-233-6925 <a href="http://portal.closeknit.com">portal.closeknit.com</a>
	CareFirst Well Being Program:	877-260-3253 <a href="http://carefirst.com/wellbeing">carefirst.com/wellbeing</a>
	<b>CVS/Caremark Pharmacy Benefits</b>	<a href="http://www.caremark.com">www.caremark.com</a>
	Verify benefits and coverage, or mail order:	866-282-8503
	Specialty Pharmacy Services:	800-237-2767
	Caremark Pharmacists:	800-282-2229
	Pharmacy Help Desk for Pharmacists:	800-364-6331
	<b>Delta Dental of Georgia Dental Benefits</b>	<a href="http://www.deltadentalins.com">www.deltadentalins.com</a>
	Verify coverage, benefits, and claim status. Obtain a list of participating dentists. Request Delta Dental ID cards.	800-521-2651
	Mail claims to P. O. Box 1809, Alpharetta, GA 30023	Group Number: 5104
	<b>Virta</b>	<a href="http://www.virtahealth.com/join/niam">www.virtahealth.com/join/niam</a>
	Customer support: Helpdesk ticket:	844-847-8216 <a href="mailto:support@virtahealth.com">support@virtahealth.com</a>
	<b>Ancillary Benefits</b>	<a href="http://www.thehartford.com/mybenefits">www.thehartford.com/mybenefits</a>
	Short Term Disability Claims:	888-301-5615
	Life and Accidental Death and Dismemberment Claims:	888-563-1124