

National Rural Electric Cooperative Association (NRECA)

NRECA is an organization that serves the interests of electric cooperatives across the nation. NRECA administers Western Farmers' retirement and health care plans.

National Rural Electric Cooperative Association
4301 Wilson Boulevard
Arlington, VA 22203-1860
866-672-2299
www.cooperative.com

Cooperative Benefits Administrators, Inc. (CBA)

Medical claims processing

Cooperative Benefits Administrators, Inc.
P.O. Box 6249
Lincoln, NE 68506
866-672-2299

My Health

MyHealth offers individualized health coaching and education.
866-696-7322
www.thedialogcenter.com/nreca/

Medical Care Networks

Western Farmers' medical plans all use PPOs (Paid Provider Organizations), networks of physicians, hospitals and other health care providers. Using a provider within a network greatly reduces the cost for the employee and his or her family.

Texas – when seeking a health care provider located in Texas, the PPO network is Texas TrueChoice.

Texas True Choice, Inc.
5000 Legacy Drive, Suite 190
Plano, Texas 75024
800-683-4856
<http://www.texastruechoice.com/>

Oklahoma and all states outside of Texas – When seeking a health care provider located in Oklahoma, or in any state other than Texas, the PPO network is First Health Network.

First Health-Corporate Office
3200 Highland Avenue
Downers Grove, IL 60515
630-737-7900
<http://www.firsthealth.com/ccnUsa/index.html>

Caremark Prescription Drugs

Western Farmers' medical plan, through NRECA, has contracted with Caremark to provide prescription drugs.

Caremark Claims Department
P.O. Box 686005
San Antonio, TX 78268-6005
Customer Care: 888-796-7322
www.caremark.com

MetLife: Dental Coverage

MetLife sponsors a Preferred Dentist Program (PDP), a network of dentists that have agreed to accept reduced payment. Use of a preferred dentist reduces out-of-pocket expenses. Unfortunately, in Oklahoma and northern Texas, the list of MetLife PDP dentists is not large. However, the financial impact of not using a PDP dentist is not great, compared with using a non-network medical provider. All Western Farmers' dental plans feature preventive check-ups and cleanings twice per year at no cost. The ID number for all insureds is the employee's social security number.

MetLife Dental
P.O. Box 981282
El Paso, TX 79998-1282
800-275-4638 coverage questions
800-474-7371 PDP list
www.metlife.com/dental

LifeWorks, by Ceridian: Employee Assistance Program

LifeWorks is a professional counseling program. It is provided to employees and their families at no cost. LifeWorks provides resources for everyday issues – support in managing relationships, finances, stress and family issues. A call to LifeWorks involves chatting with a counselor. The counselor may suggest written or recorded materials that can be mailed to you at no cost. The counselor may suggest that you to set up an appointment to see a professional counselor in your area. Three counseling sessions are provided free of charge through the LifeWorks program. Employees are provided a user ID and password in order to access this service.

877-234-5151
www.lifeworks.com