

Benefits/401k Quick Reference

Medical Plan

www.umar.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](#).