



King County

Employee Health and Wealth Contacts and Resources

King County Retirement: Retirement Questions	Phone: 206-684-1556 option #3 or 800-325-6165 ext. 41556 Fax 206-296-7700 E-mail kc.retirement@kingcounty.gov Web https://kingcounty.gov/audience/employees/benefits/retirement.aspx	Retirement Navigator Carmen Johnson Phone: 206-263-1096 E-mail: carmen.johnson@kingcounty.gov
Deferred Compensation: Deferred Compensation questions	Plan Administrator @ King County Phone: 206-263-9250 Email: kcdeferredcomp@kingcounty.gov Web: https://kingcounty.gov/audience/employees/benefits/retirement/deferred-compensation.aspx T. Rowe Price: 888-457-5770 Web: https://www.troweprice.com/workplace/en/login.html?pdurl=/rws/participants/goto/my+account/	Plan Administrator Osceola "O.C." Collier Phone: 206-263-9369 E-mail: osceola.collier@kingcounty.gov
Pension: PERS 1,2, & 3, LEOFF, PSERS, purchase of service credits, annuities	Department of Retirement Systems (DRS) Phone: 800-547-6657 Web: drs.wa.gov E-mail: recep@drs.wa.gov	Retirement Navigator Carmen Johnson Phone: 206-263-1096 E-mail: carmen.johnson@kingcounty.gov
Insurance outside of King County once you retire	Statewide Health Insurance Benefits Advisors (SHIBA) Phone: 800-562-6900 Web: insurance.wa.gov/contact-shiba Community Health Access Program (CHAP) Phone: 800-756-5437 E-mail: chap@kingcounty.gov	Medicare & Health Insurance Consultant Jean Cormier Phone: 425-427-0617 E-mail: jean@cormierinsurance.com ***NOT AFFILIATED WITH SHIBA***

Medicare	Phone: 800-633-4227 Web: medicare.gov	Retirement Navigator Carmen Johnson Phone: 206-263-1096 E-mail: carmen.johnson@kingcounty.gov
Social Security	Phone: 800-772-1213 Web ssa.gov	
King County Benefits: Health Benefits Questions	Phone: 206-684-1556 option #1 or 800-325-6165 ext. 41556 Fax 206-296-7700 E-mail kc.benefits@kingcounty.gov	Benefits Navigator Matt Munson Phone: 206-263-1277 E-mail: mmunson@kingcounty.gov
Medical Plans	KingCare and SmartCare-Regence BlueShield Phone: 800-376-7926 Web: regence.com Kaiser Permanente Phone: 888-901-4636 Web: kp.org E-mail info@ghc.org	Benefits Navigator Matt Munson Phone: 206-263-1277 E-mail: mmunson@kingcounty.gov
Prescriptions	Regence Blue Shield Plans – CVS Caremark Phone: 844-380-8839 Web: caremark.com/ Kaiser Permanente Phone: 800-245-7979 Web: kp.org	Benefits Navigator Matt Munson Phone: 206-263-1277 E-mail: mmunson@kingcounty.gov
Dental	Delta Dental of Washington Phone: 866-229-4102 E-mail: cservice@deltadentalwa.com Web: deltadentalwa.com	Benefits Navigator Matt Munson Phone: 206-263-1277 E-mail: mmunson@kingcounty.gov
Vision	Vision Service Plan Phone: 800-245-7979 Web: vsp.com	Benefits Navigator Matt Munson Phone: 206-263-1277 E-mail: mmunson@kingcounty.gov
King County Central Payroll: direct deposit, garnishments, deductions, check error, etc....	Phone: 206-684-1556 option #2 or 800-325-6165 ext. 41556 Fax 206-296-7700 E-mail payrollops@kingcounty.gov	
COBRA	Navia Benefits Solutions Phone: 425-452-3490 (M-F 7a – 5p) E-mail: cobra@naviabenefits.com	Retirement Navigator Carmen Johnson Phone: 206-263-1096 E-mail: carmen.johnson@kingcounty.gov

Flexible Spending Accounts (Medical and Dependent Care)	Navia Benefits Solutions Phone: 425-452-3490 (M-F 5a – 5p) Questions: customerservice@naviabenefits.com Claims: claims@naviabenefits.com	Sr. Human Resource Analyst Shannon Dorr Phone: 206-263-9495 E-mail: Shannon.dorr@kingcounty.gov
HRA VEBA	Gallagher VEBA Phone 888-659-8828 E-mail: customercare@hraveba.org Web: hraveba.org	Sr. Human Resource Analyst Shannon Dorr Phone: 206-263-9495 E-mail: Shannon.dorr@kingcounty.gov
Life & Disability (AD&D) Insurance	Minnesota Life Insurance Co. (subsidiary of Securian Financial Group) Conversion/Portability: 866-365-2374 or lifebenefits.com/continue Claims: 888-658-0193 Customer Service: 866-293-6047	King County Benefits Phone: 206-684-1556 Email: kc.benefits@kingcounty.gov
Long & Short – Term Disability Insurance	The Standard Claims: 844-239-3567 Web: standard.com	King County Benefits Phone: 206-684-1556 Email: kc.benefits@kingcounty.gov
Workplace Stress, counseling, conflict w/co-workers, mental health, and support for supervisors & HR	Employee Assistance Program (EAP) Phone: 206-263-8733 M-F 8a – 5p E-mail: hrdeap@kingcounty.gov Web: https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx	
Personal Counseling, legal & financial services, childcare services, and adult/elder care services	Making Life Easier Program (MLE) Phone: 888-874-7290 Online access: https://www.kcmakinglifeeasier.com/login ****User name: King County Web: https://kingcounty.gov/audience/employees/safety-claims/MLE-EAP.aspx	
Financial Wellness	My Secure Advantage Phone: 888-874-7290 M-F 6a – 8p Online access: https://kingcounty.mysecureadvantage.com/ ➤ Click register ➤ Enter employee ID (PeopleSoft number that leads with zeros) Balanced You Phone: 206-263-9626 E-mail: Balancedyou@kingcounty.gov Web: https://kingcounty.gov/audience/employees/balanced-you.aspx	