



Contact Information

If you have benefit questions:

1. Call the plan provider (Express Scripts, EAP, Delta Dental, Davis Vision, PetPartners)
2. Call Quantum Health for medical, prescription, EAP or well-being questions: 1-855-497-1237 (Monday-Friday; 8:30 a.m. to 10 p.m. ET).

If you need a new ID Card, please contact Quantum Health directly. Please see the full listing below.

Quantum Health

Medical, prescription, EAP or well-being questions and ID cards: 1-855-497-1237
www.myqhealthpcusa.org
(Monday-Friday; 8:30 a.m. to 10 p.m. ET)

Call to Health

The Board of Pensions (BOP): Questions about activities or points: 1-800-773-7752 (Monday-Friday; 8:30 a.m. to 6 p.m. ET)
Limeade: Questions about registering or (technology issues) 1-888-935-5228 or support.limeade.com, www.calltohealth.org
Registration for Call to Health can be done when medical and prescription coverage is effective.

Dental Coverage

Delta Dental: 1-800-932-0783
www.deltadentalins.com
ID cards are not automatically issued when a member adds a dependent. Print ID cards online.

Spring Health Employee Assistance Plan (EAP)

If you're enrolled in the PPO, EPO, or HDHP medical plan with PSL, visit care.springhealth.com/sign_in to create and activate your Spring Health account by clicking the "Create Account" button. Or call Spring Health at 844-931-4465. Team member medical ID cards include the Spring Health phone number and website.

If you do not have medical coverage with PSL you are still eligible for PSL's EAP. To create a Spring Health account and use the EAP benefit call Spring Health at 844-931-4465 and use the code "BOP".

HealthEquity Health Savings Account

1-866-346-5800, learn.healthequity.com/bop

Medical Coverage

Quantum Health Member Services:
1-855-497-1237, www.myqhealthpcusa.org
Teladoc: 1-800-835-2362, www.teladoc.com/enter

Eye Exam Benefit

(included with medical coverage)
VSP: 1-800-877-7195, www.vsp.com
or www.vsp.com/choice (to locate VSP providers)

Pet Insurance – PetPartners

1-800-956-2495, www.petpartners.com
Email: mypolicy@petpartners.com

Prescription Drug Coverage

Express Scripts by Evernorth: 1-800-344-3896
www.express-scripts.com
Specialty Medications (Accredo): 1-800-803-2523

Prudential Life AD&D

Prudential: 1-800-842-1718
www.prudential.com/mybenefits
Employer ID (Control Number): 53307

Retirement Program Conrad Siegel Actuaries

1-800-577-3675, www.myconradsiegel.com
Retirement questions hotline: 717-502-8857

Vision Coverage

Davis Vision 1-877-923-2847, www.davisvision.com
For information prior to enrolling use the client code 7055.

Voluntary Short-Term Disability Coverage

(non-exempt full-time participants)
Prudential: To initiate a VSTD claim call:
1-800-842-1718. Company control number 53307.
www.prudential.com/mybenefits

PSL Benefits Questions:

1-717-502-1868 | benefits@psl.org



For all PSL Benefits and Perks information visit: www.psl.org/benefits
Or you may also scan the QR code.