

Important RF Benefits Contact Information-Who to Call

Basic & Optional Life Insurance

Prudential Insurance Company of America
800-524-0542
www.prudential.com

Basic & Optional Retirement Plans

TIAA-CREF
800-842-2776
www.tiaa-cref.org/rfsuny

Long-Term Care Insurance

CNA
877-777-9072

Consumer's Medical Resource

Medical Decision Support
888-644-1640
www.mymedicaldecisionsupport.com

Flexible Spending Accounts (FSAs)

Fringe Benefits Management Company
800-342-8017
www.myfbmc.com

Medical Insurance

Empire Plan (PPO) 1-800-342-9816
www.empireblue.com

MVP (HMO)
1-888-825-5687
www.joinmvp.com

HMO-Blue (HMO)
800-447-6298
www.excellusbcbs.com

Dental Insurance

Delta Dental of NY
1-800-932-0783
www.deltadentalins.com

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