

Baltimore City Retirement (ERS)

443-984-3200 Toll Free: 1-877-273-7136

Fire & Police Retirement (FPR)

443-984-2810 Toll Free: 1-888-877-6565

Maryland State Retirement

410-625-5555 Toll Free: 1-800-492-5909

WageWorks Commuter Benefits

877-924-3967 www.wageworks.com

Visit the website for
employee benefits at

www.baltimorecity.essbenefits.com

24 hours per day,
7 days per week

2010

Baltimore City
Employee Benefits Division
(EBD) Contact Card

Employee Benefits
201 East Baltimore Street - Suite 500
Baltimore, MD 21202
(410) 396-5830/5831 TTY (410) 396-4930

PROVIDER	PHONE NUMBER	WEBSITE
CareFirst PPN	1-800-535-2292	www.carefirst.com
CareFirst Traditonal (Retirees)	1-800-535-2292	www.carefirst.com
ValueOptions Mental Health Benefits (Carefirst Members Only)	1-866-468-5633	www.achievesolutions.net/baltimore
United Healthcare POS	1-877-462-5027	www.myuhc.com
Kaiser Permanente HMO	1-866-248-0715	www.kaiserpermanente.org
Optimum Choice HMO	1-800-815-8958	www.myuhc.com
CareFirst Dental PPO	1-866-891-2802, Option 4	www.carefirst.com
The Dental Network HMO	1-888-833-8464	www.thedentalnet.org
Express Scripts Prescriptions	1-800-354-8123	www.express-scripts.com
CareFirst Select Vision	1-800-535-2292	www.carefirst.com
The Standard (Life AD&D)	1-800-628-8600	www.standard.com/mybenefits/baltimore
Fringe Benefits Management Co. (Flexible Spending Account)	1-888-868-5188	www.myFBMC.com
ADP COBRA	1-800-526-2720	www.benedirect.adp.com
Aetna PPO	1-800-900-7562	www.aetna.com
Aetna HMO	1-877-440-4711	www.aetna.com