

**Old Dominion University Research Foundation
BENEFITS CONTACTS**

Website: <https://researchfoundation.odu.edu/benefits/>

PAY DAYS - Every two weeks, 26 pays per year.

Link to pay schedule- <https://researchfoundation.odu.edu/payroll/>

HEALTH CARE:

HMO Group #1045; PPO Group #6402; Out of Area PPO Group #6402*00A
Member Services 552-7325 / 1-800-741-9910 After Hours 552-7250/1-800-394-2237

Website - <http://www.optimahealth.com>

VISION – VSP vision plan.

VSP – Group # 30003832, Member Services 1-800-877-7195

Website - <https://www.vsp.com/>

DENTAL COVERAGE – MetLife Dental PPO.

MetLife Dental - Group #104994

Employee Line 1-800-942-0854

Website - <https://mybenefits.metlife.com/MyBenefits/public/ssi/commonAccess.do>

EMPLOYEE ASSISTANCE PROGRAM - Confidential counseling services to employee and members of family.

Optima Health, 757-363-6777 or 1-800-899-8174

Website - www.optimaEAP.com User ID Required: ODURF

PRINCIPAL 403(b) RETIREMENT SAVINGS PLAN - www.principal.com 1-800-547-7754

Employee Contact: Resource 1, Matt Hoesly 757-616-0600

LIFE INSURANCE – MetLife - Two times annual salary rounded up to next \$1,000.

(Group # 104994) Life Claims & Statement of Health 1-800-638-6420 Waiver of Premium 1-800-243-8786

Life Ins. Plan Summary <http://www.researchfoundation.odu.edu/hr/lifesupp.html>

LONG TERM DISABILITY - MetLife begins 90 days after qualifying disability.

Customer Service 1-800-300-4296 Website – www.metlife.com/mybenefits LTD Plan Summary

ALLSTATE – Critical Illness Insurance – Group voluntary coverage offered through American Heritage Life Insurance Company, Customer Service 1-800-521-3535 Website – www.allstate.com or www.allstateatwork.com

DEPENDENT CARE BROCHURE - Dependent Care Reimbursement Account

<https://researchfoundation.odu.edu/wp-content/uploads/2021/05/Dependent-Care-Plan-2021-22.pdf>

LEGAL RESOURCES - The Legal Resources Legal plan provides 100% coverage on a broad range of legal services. Some of the many fully covered services include family law, elder law, traffic violations, real estate, identity theft, wills and estate planning. <https://www.legalresources.com/>

SUMMARY PLAN DESCRIPTIONS ARE AVAILABLE ON THE WEBSITE. PAPER COPIES UPON REQUEST.

For more information contact ODU Research Foundation Human Resources @ RFhr@odu.edu