



Quick References for Benefits

Benefits Administration

Phone: 1-800-253-9981
Fax: 1-615-741-8196
Email: benefits.administration@tn.gov
Website: www.tn.gov/partnersforhealth.html

ParTNers for Health

Email: partners.wellness@tn.gov
Website: www.tn.gov/partnersforhealth.html

Health Insurance

BlueCross BlueShield of Tennessee
Phone: 1-800-558-6213
Website: www.bcbst.com/members/tn_state

Cigna HealthCare
Phone: 1-800-997-1617
Website: www.cigna.com/stateoftn

Dental Insurance

Cigna Dental DHMO Prepaid Dental Plan
Phone: 1-800-997-1617
Website: www.cigna.com/stateoftn

MetLife
Dental Preferred Provider Organization (DPPO)
Phone: 855-700-8001, option 1
Website: <https://www.metlife.com/info/stateoftn/>

Vision Insurance

EyeMed
Phone: 855.779.5046
Website: <https://member.eyemedvisioncare.com/stateoftn/en>

Pharmacy

Caremark Prescription
Phone: 1-877-522-8679
Website: <https://info.caremark.com/stateoftn>

Flexible Benefits

Optum Bank
Phone: 866-600-4984
Website: <https://www.optumbank.com/tennessee.html>

Employee Assistance Program

Optum
Phone: 1-855-437-3486
Website: www.HERE4TN.com

Wellness Program

Sharecare
Website: www.tn.gov/partnersforhealth.html

Short-Term / Long-Term Disability

MetLife
Phone: 1-855-700-8001
Website: <https://www.metlife.com/info/stateoftn/>

Retirement Plans

TCRS
Tennessee Consolidated Retirement System
Phone: 1-800-922-7772
Email: [tcrs.counseling@state.tn.edu/](mailto:tcrs.counseling@state.tn.edu)
Website: <https://treasury.tn.gov/Retirement/Information-and-Resources/TCRS-Overview-and-Self-Service>

ORP - Optional Retirement Services
Website: <https://treasury.tn.gov/Retirement/Retire-Ready-Tennessee/for-Higher-Education-Employees>

TIAA
Representative: Rosaline Rogers Banks
Email: Rosaline.Banks@tiaa.org
Phone: 865-347-5011
Website: <https://www.tiaa.org/public/tcm/tbr/welcome?path=%2Fpublic%2Ftcm%2Ftbr>

VOYA Financial (formerly ING)
Representative: Ed Stewart
Email: ed.stewart@voyafa.com
Phone: 615-627-5936

Representative: Julie Chambers
Email: julie.chambers@voyafa.com
Phone: 615-556-6135
Website: <https://tennorp.beready2retire.com/>

401k Plan / Empower Retirement
Representative: Ben Straley
Phone: 1-615-564-7005 or 1-615-244-1030
Email: ben.straley@empower-retirement.com
Website: <https://retirereadytn.empower-retirement.com/participant/#/login>

Life Insurance

Securian (Minnesota Life – Term & Accidental)
Phone: 1-866-881-0631
Website: www.lifebenefits.com