



If you have any questions regarding your benefits or the material contained in this guide, please contact the Human Resources department.

Cheyenne Regional Human Resources and Benefits

Phone: 307-633-7871 or 307-633-7700

Email: benefits@crmcwy.org

Website: www.cheyenneregional.org/staffemployees/benefits

PLAN	PHONE NUMBER	WEBSITE
Medical Plans—UMR	800-826-9781	www.umar.com
Wellness Program—Vitality	877-224-7117	wellness@powerofvitality.com
Dental Plan—Delta Dental of Wyoming	307-632-3313	www.deltadentalwy.org
Vision Plan—VSP	800-877-7195	www.vsp.com
Flexible Spending Accounts—24HourFlex	800-651-4855	www.24hourflex.com
Life and AD&D Insurance—Lincoln Financial	800-423-2765	www.lincoln4benefits.com
Disability Insurance—Lincoln Financial	800-423-2765	www.lincoln4benefits.com
Supplemental Benefit Plans—Colonial Life	Claims: 800-325-4368 Denver office: 866-270-6733	www.coloniallife.com
Employee Assistance Program—Resources for Living	800-284-1819	www.mylifevalues.com (Login ID: Cheyenne Regional; Password: eap)
Retirement Plans—Empower Retirement	866-467-7756	www.empower-retirement.com

This summary of benefits is not intended to be a complete description of the terms and Cheyenne Regional insurance benefit plans. Please refer to the plan document(s) for a complete description. Each plan is governed in all respects by the terms of its legal plan document, rather than by this or any other summary of the insurance benefits provided by the plan. In the event of any conflict between a summary of the plan and the official document, the official document will prevail. Although Cheyenne Regional maintains its benefit plans on an ongoing basis, Cheyenne Regional reserves the right to terminate or amend each plan, in its entirety or in any part at any time. Images © 2016 Getty Images All rights reserved.