

2026 Benefits Contacts for Ben E. Keith employees



	Website	Phone
Physical Health		
Medical and Rx from UnitedHealthcare	myuhc.com Policy #702898	1-844-587-8503
Teladoc™ Health virtual primary care, 24/7 virtual care, dermatology and chronic condition care	teladochealth.com use registration code BENEKEITH	1-800-835-2362 (1-800-TELADOC)
Optum® Rx Home Delivery mail order prescriptions	optumrx.com	1-800-356-3477
Dental from Cigna	mycigna.com Policy #3344508	1-800-244-6224 (1-800-CIGNA24)
Vision from Superior Vision by MetLife	metlife.com/vision Policy #241734	1-833-393-5433 (1-833-EYE-LIFE)
Short- & long-term disability from Lincoln Financial Group	mylincolnportal.com Company code BEKCO Policy #LF0664	1-888-408-7300
Active&Fit Direct™ gym memberships and more	activeandfitdirect.com	1-844-646-2746
Quit tobacco	helpline.quitlogix.org	1-855-372-0040
Maven maternity support	mavenclinic.com/join/uhc-join	Online only
Real Appeal for weight loss	benekeith.realappeal.com	1-844-924-7325
Via Benefits for Medicare enrollment support	my.viabenefits.com/benekeith	1-888-825-2645
Financial Health		
Health Savings Account (HSA) from Optum	optumbank.com	1-844-326-7967
Flexible Spending Accounts (FSAs) from Optum	myuhc.com	1-866-755-2648
Life/AD&D from Lincoln Financial Group	mylincolnportal.com Company code BEKCO Policy #LF0664	1-888-787-2129
401(k) from Empower Retirement	empowermyretirement.com	1-833-235-7283 (1-833-BEK-SAVE)
Profit Sharing from Empower Retirement	empowermyretirement.com	1-833-235-7283 (1-833-BEK-SAVE)
Pension from AON Retirement Services For employees hired on or before July 1 st 2017	vpr.aon.com/benekeith	1-844-870-0335
BEK Educational Assistance Program	bek.family/financial-health	1-817-877-5700
BEK Credit Union	bekefcu.org	1-817-759-6300
SmartDollar financial wellness	smardollar.com/enroll/benekeith	Online only
PerkSpot employee discounts	benekeith.perkspot.com Passphrase bekperks	Online only
Emotional Health		
GuidanceResources® confidential support	guidanceresources.com Organizational Web ID BEK	1-866-517-1267
Calm Health mental health support	Sign in to your myuhc.com account	Online only
Teladoc Mental Health Services accessible via phone or video	teladochealth.com use registration code BENEKEITH	1-800-835-2362 (1-800-TELADOC)
Additional support		
BEK help desk for password resets	servicedesk@benekeith.com	1-817-338-9415
COBRA enrollment and questions	uhcervices.com	1-866-747-0048
Enrollment, record time-off and more	https://sso.dayforcehcm.com/bekco	Online only
Report workplace concerns with <i>SpeakUP</i>	redflagreporting.com/benekeith	1-888-745-8998