

# 2024

EMPLOYEE BENEFITS  
CONTACT INFORMATION

Pillars of Health  
powered by pulmonx



For benefit questions, please  
contact your Benefits Advocate:



Call: Sabrina Dokes @ 925-407-1178

Email: [Sabrina.Dokes@onedigital.com](mailto:Sabrina.Dokes@onedigital.com)

**Reminder:** If you have a Life Event — such as marriage, divorce, legal separation, birth, adoption, spouse's loss of other coverage, dependent child reaching limiting age — you must notify Human Resources within 31 days of the event date.

Insurance Carrier	Phone #	Group #	Website
Medical: Cigna OA-20	866-494-2111	00651525	<a href="http://www.myCigna.com">www.myCigna.com</a>
Medical: Cigna PPO-15 / Cigna PPO-25	866-494-2111	00651525	<a href="http://www.myCigna.com">www.myCigna.com</a>
Medical: Cigna HDHP PPO	866-494-2111	00651525	<a href="http://www.myCigna.com">www.myCigna.com</a>
Medical: Kaiser Permanente HMO (CA Only)	800-464-4000	642421	<a href="http://www.kp.org">www.kp.org</a>
Medical: Kaiser Permanente HDHP HMO (CA Only)	800-464-4000	642421	<a href="http://www.kp.org">www.kp.org</a>
Dental: Cigna Dental PPO	800-244-6224	0651525	<a href="http://www.myCigna.com">www.myCigna.com</a>
Vision: Vision Service Plan (VSP) PPO	800-877-7195	30037800	<a href="http://www.vsp.com">www.vsp.com</a>
Life and AD&D: Lincoln Financial Group	800-423-2765	10169385	<a href="http://www.lfg.com">www.lfg.com</a>
Short Term Disability: Lincoln Financial Group	800-423-2765	10257535	<a href="http://www.lfg.com">www.lfg.com</a>
Long Term Disability: Lincoln Financial Group	800-423-2765	10169386	<a href="http://www.lfg.com">www.lfg.com</a>
HSA, FSA and Commuter Benefits: Igoe	800-633-8818		<a href="http://www.goigoe.com">www.goigoe.com</a>
Employee Assistance Program (EAP): Lincoln	888-628-4824	Username: LFGsupport Password: LFGsupport1	<a href="http://guidanceresources.com">guidanceresources.com</a>
Retirement 401(K): Empower Retirement	800-338-4015	370197-01	<a href="http://empowermyretirement.com">empowermyretirement.com</a>