

BENEFIT RESOURCES

TLC BENEFIT SOLUTIONS, INC

Health/Dental/COBRA

P.O. Box 947, Valdosta, GA 31603-0947
 Claims Phone: (229) 249-0940 Toll Free 1-877- 949-0940
 Claims Fax: (229) 249-9840
 Website: www.tlcbenefitsolutions.net
 Ewelina Sparks ewelina@tlcbenefitsolutions.net
 Altman Howell altman@tlcbenefitsolutions.net
 Cynthia Coats cynthia@tlcbenefitsolutions.net
 Brandy Hames brandy@tlcbenefitsolutions.net
 Reena Bailey: reena@tlcbenefitsolutions.net



MEDCOM

Unreimbursed Medical (Flex) Dependent Childcare

P.O. BOX 10269, JACKSONVILLE, FL 32247-0269
 1-800-523-7542 (8:30am-5:00pm EST)
 (Receipts) www.medcomreceipts@emedcom.net
 (medical & dependent care expenses)
 Easy balance:1-866-631-4603
 Website/Flex Card: www.mywealthcareonline.com/medcom



PPO PROVIDER INFORMATION

Contact TLC Benefit Solutions:
 (229) 249-0940 or Toll Free (877) 949-0940 or go to
www.tlcbenefitsolutions.net to locate providers in the
**South Georgia Purchasing Alliance (SGPA),
 PDH and Healthsmart** physician networks



HOUZE & ASSOCIATES, INC

308 Church Street
 P.O. Box 3070
 LaGrange, GA 30241
 Website: www.houze.org/langdale
 800-523-7135 (fax)800-523-5364



FIVESTAR TELEHEALTH CLINIC

Mobile Clinic

Diabetes Management Program

Jennifer Hoff, Clinic Coordinator
 (229) 249-0940 jennifer@tlcbenefitsolutions.net
 Carsen Howell, RN Health Advocate
 (478) 234-0094 carsen@tlcbenefitsolutions.net
 Website: www.tlcbenefitsolutions.net/fivestar.html



PROCARE RX

Pharmacy

Help Desk: 800-699-3542
 Website: <https://memberaccess.procarerx.com>



Chancy Drugs:

Valdosta (229) 245-9922, **Hahira** (229) 794-2750,
Lake Park (229) 559-9394, **Adel** (229) 896-4564,
Moultrie (229) 985-6725

FIDELITY

401k

All correspondence mailed through:
 Langdale Industries (Attention: Accounting Department)
 P.O. Box 1088 Valdosta, GA 31603-1088
 Customer Service (800) 294-401k www.401kXpress.com
 Contact: Ralph Smith (INVESTMENTS) (229) 247-4026
DOUG DAUGHERTY - 229 333-2518 (Fax) 229-219-2320



LINCOLN FINANCIAL GROUP

Customer Service: 800-423-2765



UNUM PROVIDENT

Customer Service: 800-635-5597



AFLAC

Customer Service: 800-992-3522



HUMAN RESOURCES & BENEFITS

BARBARA BARRETT

(Office) (229) 333-2551 (Fax) (229)-292-2392
 E-Mail: bbarrett@langdaleindustries.com

STEPHEN COOPER (Including FMLA)

(Office) (229) 219-2336 (Fax) (229) 219-2392
 E-Mail: scooper@langdaleindustries.com

WORKERS COMP

STEPHANIE MATHIS

(Office) (229)333-2539 (Fax) 229-219-2346
 E-Mail: smathis@langdaleindustries.com



EYEMED

Vision

www.eyemed.com/member
www.eyemedlasik.com or call1-877-5LASER6



SAM by UCM

24/7 Telehealth - FREE

Website: www.goseesam.com
 844-GoSeeSam (844-484-7362)

