

Benefit Plan Contact Numbers

Blue Shield

Blue Shield of California
(800) 642-6155
<https://www.blueshieldca.com>

RESIG Benefit Department
(707) 836-0779

Delta Dental

(866) 499-3001
<http://www.deltadentalins.com>

Flex Plan

Self-Insured Schools of California (SISC) is the plan administrator
(661) 636-4710
<http://sisc.kern.org/flex>

Kaiser Permanente

(800) 464-4000
<http://www.kp.org>

Long-Term Disability

CIGNA is the plan administrator
Group Number LK961447
http://www.cigna.com/our_plans/disability/long_term/for_you.html

Vision Service Plan (VSP)

(800) 877-7195
<http://www.vsp.com>

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