

Program	Web Access	Telephone Number
<b>Benefits</b>		
Aetna Dental DHMO	<a href="http://www.aetna.com">http://www.aetna.com</a>	1-800-843-3661
Dental	<a href="http://www.metlife.com/dental">http://www.metlife.com/dental</a>	1-800-556-3490
Vision (Management Employees only)	<a href="http://www.evemedvisioncare.com">http://www.evemedvisioncare.com</a>	1-866-504-5914
Vision (Associate Employees only)	<a href="http://www.davisvision.com">http://www.davisvision.com</a>	1-800-999-5431
MetLife Disability	<a href="http://www.metlife.com/mybenefits">http://www.metlife.com/mybenefits</a>	1-800-638-4228
Verizon Benefits Center	<a href="http://resources.hewitt.com/verizon">http://resources.hewitt.com/verizon</a>	<b>1-877-489-2367</b>
Commuter Spending Accounts	<a href="http://www.myshps.com">http://www.myshps.com</a>	1-877-270-3917
Deferral Plans – Fidelity	<a href="http://www.netbenefits.com">www.netbenefits.com</a>	1-800-295-4015
Discounted Services	Verizon Info > ProgramsDiscounts	N/A
Long-Term Care – MetLife	<a href="http://www.metlife.com/mybenefits">http://www.metlife.com/mybenefits</a>	1-866-414-7076
Long-Term Incentives – Fidelity	<a href="http://www.netbenefits.com">http://www.netbenefits.com</a>	1-888-457-9333
Savings Plan – Fidelity	<a href="http://www.netbenefits.com">http://www.netbenefits.com</a>	1-888-457-9333
Stock Options – Fidelity	<a href="http://www.netbenefits.com">http://www.netbenefits.com</a>	1-888-457-9333
Telephone Concession	About You > WorkLife > Employee Discounts > Concession TelephoneService	1-800-898-3886
Verizon Advantage Auto and Home Insurance Programs	<a href="http://www.verizonadvantage.com">http://www.verizonadvantage.com</a>	1-800-240-4660
Verizon Health Zone	<a href="http://www.webmdhealth.com/verizon">http://www.webmdhealth.com/verizon</a>	N/A
<b>Employment Verification</b>		
Verifying Salary and Employment	About You > Work Life > Life Events > Verifying Salary And Employment	1-800-996-7566
<b>Employee Assistance</b>		
Employee Assistance Program (EAP)	<a href="http://www.verizon.com/life">http://www.verizon.com/life</a>	1-800-845-0632
Vz Life	<a href="http://www.verizon.com/life">http://www.verizon.com/life</a>	1-800-845-0632
<b>Ethics &amp; EEO</b>		
Code of Conduct/EEO/Affirmative Action/ADA/Religious Accommodation	About You > VzCulture > EthicsCompliance	1-800-856-1885
<b>Family Medical Leave</b>		
FMLA	About You > Work Life > Illness Injury > Initiating Family And Medical Leave	1-877-Ask-VzHR "Say FMLA"
<b>International Health Services</b>		
International Health Resources	About You > Health > Health Resources > International Health Resources	972-718-3264
<b>Payroll</b>		

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Payroll	<a href="#">About You &gt; Your Pay &gt; View Your Paystub</a>	1-800-932-7947
<b>Safety</b>		
<a href="#">24 Hour Hotline for Safety and Environment, Dept of Transportation</a>	<a href="#">About You &gt; Your Toolkit &gt; Safety &gt; Safety 24 Hour Hotline</a>	1-800-386-9639
<a href="#">Report Fatalities or serious occupational injuries and motor vehicle accidents</a>	<a href="#">About You &gt; Your Toolkit &gt; Safety &gt; Safety Reports and Applications</a>	1-800-386-9639 Option 1
<a href="#">Report an emergency, incident or spill; hazardous material exposure or waste</a>	<a href="#">About You &gt; Your Toolkit &gt; Environmental Protection &gt; Environmental Protection &gt; 24 Hour Hotline</a>	1-800-386-9639 Option 2
<a href="#">Department of Transportation (DOT)</a>	<a href="#">About You &gt; Your Toolkit &gt; Occupational Health Services &gt; Dot Medical Evaluations</a>	1-800-386-9639 Option 3
<a href="#">Recycle Information</a>	<a href="#">About You &gt; Your Toolkit &gt; Environmental Protection &gt; Recycling</a>	1-800-38-9639 Option 4
<a href="#">Speak with a Safety or Environmental Mgr</a>	N/A	1-800-386-9639 Option 5
<b>Staffing</b>		
<a href="#">Staffing Questions email : VTStaffing@verizon.com</a>	<a href="mailto:VTStaffing@verizon.com">VTStaffing@verizon.com</a>	N/A
<a href="#">Management Jobs - Vz Careers Voice Portal</a>	<a href="#">About You &gt; Career and Learning &gt; Management Jobs</a>	1-866-489-3932
<a href="#">West Associate Jobs – Vz Jobs – Voice Portal</a>	<a href="#">About You &gt; Career and Learning &gt; Associate Jobs</a>	1-866-489-3932
<a href="#">Mid Atlantic Associate Jobs – STAR – IVRU</a>	<a href="#">About You &gt; Career and Learning &gt; Associate Jobs</a>	1-800-541-5647
<a href="#">NY/NE Associate Jobs</a>	<a href="#">About You &gt; Career and Learning &gt; Associate Jobs</a>	1-800-510-5000
<b>Training &amp; Education</b>		
<a href="#">Tuition Assistance - CAEL</a>	<a href="http://www.tamsonline.org/vztap">http://www.tamsonline.org/vztap</a>	1-866-994-3470
<b>Service and Retirement Awards/Departmental Recognition</b>		
<a href="#">Service and Retirement Awards</a>	<a href="#">About You &gt; Money &gt; Recognition</a>	1-866-419-5222
<a href="#">Departmental Recognition Awards</a>	<a href="#">About You &gt; Money &gt; Recognition</a>	N/A
<b>HR Business Continuity and Emergency Management</b>		
<a href="#">Business Continuity</a>	<a href="http://bcp-em.verizon.com/">http://bcp-em.verizon.com/</a>	1-516-832-4674
<a href="#">Planning and Emergency Management</a>	<a href="http://www.bcm.em.verizon.com">http://www.bcm.em.verizon.com</a>	1-212-395-6117
<b>Verizon Foundation</b>		
<a href="#">Verizon Foundation</a>	<a href="http://foundation.verizon.com">http://foundation.verizon.com</a>	N/A