

Benefit Resources 2026

Benefit / Vendor	Contact	Website
General Benefits Information		
Sarah Bush Lincoln Human Resources	217-258-2501 or 217-348-2501 Monday – Friday 7:30 am - 4:30 pm humanresources@sblhs.org	SBL Benefits Microsite www.SBL.MyBenefitsLibrary.com
Medical & Dental Benefits		
UMR Health Group Number: 76-417751	800-207-3172	Member Portal: www.umar.com
Vision Benefits		
UMR/UnitedHealthcare	800-638-3120	Member Portal: https://connect.werally.com/plans/uhc/421
Pharmacy Benefits		
SavRx 76417751A01 - Active PPO 76417751A02 - Active HDHP	800-228-3108	Member Portal: www.savrx.com
Pharmacy Refill		
Prairie Medical Pharmacy	217-258-2411 or 217-348-2411	SBL Intranet – Prescription Refills
Flexible Spending Account (FSA) / Health Reimbursement Account (HRA - Wellness)		
FSA & HRA accounts	800-207-3172	Member Portal: www.umar.com
Health Savings Account (Optum Bank)		
Optum Bank	866-234-8913	Member Portal: https://www.optumbank.com/health-savings-accounts.html
Critical Illness Insurance/Accident/Hospital Indemnity		
Reliance Matrix	855-775-2524 Critical Illness Policy #: VCI80139 Accident Policy #: VAI858502 Hospital Indemnity Policy #: VHI858503	Claims: ClaimsIntake@rsli.com www.RSLClaims.com
Life/Disability Insurance		
Reliance Matrix	855-775-2524 Life Policy #: GL161316 AD&D Policy #: VAR208840 Short Term Disability Policy #: VPS328435 Long Term Disability Policy #: LTD131394	www.RSLClaims.com
Home & Auto Insurance		
Farmers Insurance	800-438-6381 Monday-Friday; 8a-6p (EST)	
Retirement Plan		
First Mid Investment Consultation	888-518-7878 or 217-258-3344	retirement@firstmid.com
Fidelity Investments Customer Service Call Center	800-343-0860	www.netbenefits.com/sbl
Employee Wellness Program		
SBL Wellness Team	217-258-2140 or 217-348-2140	mywellness@sblhs.org
Employee Assistance Program		
SBL Employee Assistance	217-258-4040 or 217-348-4040 866-567-2400 (24 hour line)	
ComPsych Additional Services provided to partner with SBL EAP	866-335-4913 800-697-0353	www.guidanceresources.com App: GuidanceNow/ Koa Foundations Web ID: SBL