**Contacts and Other Resources**

Go to [dartgo.org/enrollonline](http://dartgo.org/enrollonline) to:
- Enroll in health benefits
- Make changes to health plan coverages due to a qualified life event
- Enroll in retirement plan benefits
- Make changes anytime to your retirement plan funds

**DARTMOUTH BENEFITS OFFICE**
For questions on enrolling in your benefits.
Phone: 603.646.3588
Website: dartgo.org/benefits
Email: human.resources.benefits@dartmouth.edu
Fax: 603.646.1108

**ALEX – Decision Support Tool**
An easy-to-use online tool; by responding to questions ALEX will help you figure out what to choose, based on your responses. Learn more about your plan options or get help choosing your benefits.
Website: dartgo.org/ALEX21

**HEALTH AND WELFARE BENEFITS**

**CIGNA – Medical**
Phone: 855.869.8619
Website: Cigna.com
Account login: myCigna.com

**CIGNA – Vision**
Phone: 877.478.7557

**CIGNA – Global Health**
Medical Benefits Abroad
Toll-free: +1.800.243.1348
Direct (Collect calls accepted): +1.302.797.3535
Website: cignaenvoy.com

**EXPRESS SCRIPTS – Pharmacy**
Phone: 877.788.5766
Website: www.express-scripts.com/DartmouthCollege

**SENTINEL – Flexible Spending Accounts**
Phone: 888.762.6088
Website: www.sentinelgroup.com
Claims fax: 781.213.7301
Claims address:
100 Quannapowitt Pkwy, Suite 300
Wakefield, MA 01880

**DARTMOUTH HEALTH CONNECT – Primary Care**
Phone: 603.738.1164
Website: dartmouthhealthconnect.com
Email: info@dartmouthhealthconnect.com

**NORTHEAST DELTA DENTAL – Dental**
Phone: 800.832.5700
Website: www.nedelta.com

**FIDELITY – Health Savings Account**
Phone: 800.544.3716
Website: www.fidelity.com
Account login: www.netbenefits.com

**LINCOLN FINANCIAL GROUP – Short and Long Term Disability**
Phone: 800.210.0268
Website: mylincolnportal.com

**METLIFE – Life and Travel & Accident Plans**
Phone: 800.638.6420
Website: www.metlife.com

** METLIFE – Estate Resolution and Will Preparation**
Phone: 800.821.6400

**FACULTY/EMPLOYEE ASSISTANCE PROGRAM (F/EAP)**
Phone: 844.216.8308
Website: www.guidanceresources.com
Company ID: Dartmouth

**WELLNESS AT DARTMOUTH**
Phone: 603.646.3706
Website: dartmouth.edu/wellness
Email: wellness@dartmouth.edu

**WINSTON BENEFITS**
Supplemental benefits are managed through Winston Benefits and cannot be found in the FlexOnline system.
To learn more or to enroll, please call:
Phone: 855.805.5840

**RETIREMENT BENEFITS**

**TIAA – Retirement**
Phone: 800.842.2252
Website: www.tiaa.org/dartmouth

**FIDELITY – Retirement**
Phone: 800.343.0860
Website: www.netbenefits.com/Dartmouth

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- Make changes to health plan coverages due to a qualified life event
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- Make changes anytime to your retirement plan funds