

# 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](http://www.tlcbenefitsolutions.net)  
 Ewelina Sparks [ewelina@tlcbenefitsolutions.net](mailto:ewelina@tlcbenefitsolutions.net)  
 Altman Howell [altman@tlcbenefitsolutions.net](mailto:altman@tlcbenefitsolutions.net)  
 Cynthia Coats [cynthia@tlcbenefitsolutions.net](mailto:cynthia@tlcbenefitsolutions.net)  
 Brandy Hames [brandy@tlcbenefitsolutions.net](mailto:brandy@tlcbenefitsolutions.net)  
 Reena Bailey: [reena@tlcbenefitsolutions.net](mailto: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](mailto:www.medcomreceipts@emedcom.net)  
 (medical & dependent care expenses)  
 Easy balance:1-866-631-4603  
 Website/Flex Card: [www.mywealthcareonline.com/medcom](http://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](http://www.tlcbenefitsolutions.net) to locate providers in the  
**South Georgia Purchasing Alliance (SGPA) network**



## **HOUZE & ASSOCIATES, INC**

308 Church Street  
 P.O. Box 3070  
 LaGrange, GA 30241  
 Website: [www.houze.org/langdale](http://www.houze.org/langdale)



## **FIVESTAR TELEHEALTH CLINIC**

### **Mobile Clinic**

### **Diabetes Management Program**

Jennifer Hoff, Clinic Coordinator  
 (229) 249-0940 [jennifer@tlcbenefitsolutions.net](mailto:jennifer@tlcbenefitsolutions.net)  
 Carsen Howell, RN Health Advocate  
 (478) 234-0094 [carsen@tlcbenefitsolutions.net](mailto:carsen@tlcbenefitsolutions.net)  
 Website: [www.tlcbenefitsolutions.net/fivestar.html](http://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](http://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)-219-2392  
 E-Mail: [bbarrett@langdaleindustries.com](mailto:bbarrett@langdaleindustries.com)

### **STEPHEN COOPER (Including FMLA)**

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

## **WORKERS COMP**

### **STEPHANIE MATHIS**

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



## **EYEMED**

### **Vision**

[www.eyemed.com/member](http://www.eyemed.com/member)  
[www.eyemedlasik.com](http://www.eyemedlasik.com) or call 1-877-5LASER6



## **SAM by UCM**

### **24/7 Telehealth - FREE**

Website: [www.goseesam.com](http://www.goseesam.com)  
 844-GoSeeSam (844-484-7362)

