



## Quick Links to Insurance Information

Links	Where will this link direct me?
<a href="#"><u>School Employees Benefits</u></a>	Direct Link to main SEBB page of SEBB benefits
<a href="#"><u>SEBB My Account</u></a>	Direct Link to SEBB My Account
<a href="#"><u>Medical Plans</u></a>	SEBB'S webpage of all medical plans available
<a href="#"><u>Medical Benefits Comparison 2024</u></a>	PDF Document of comparison of all medical plans
<a href="#"><u>Medical Benefits Comparison Tool</u></a>	Tool to Compare up to 3 Medical plans
<a href="#"><u>UMP Medical Plans</u></a>	Direct Link to UMP's website
<a href="#"><u>Kaiser Permanente Plans</u></a>	Direct Link to Kaiser Website
<a href="#"><u>Premiera Plans (Cowlitz County Only)</u></a>	Direct Link to Premiera Website
<a href="#"><u>Dental Plans</u></a>	SEBB's Webpage of all dental plans
<a href="#"><u>Dental Benefits Comparison 2024</u></a>	PDF Document of comparison of all dental plans
<a href="#"><u>Uniform Dental Plan (PPO Plan)</u></a>	Direct Link to Delta Dental Website
<a href="#"><u>DeltaCare (Managed Care Plan)</u></a>	Direct Link to Delta Dental Website
<a href="#"><u>Willamette Dental</u></a>	Direct Link to Willamette Dental Website
<a href="#"><u>Vision Plans</u></a>	SEBB'S Webpage of all vision plans
<a href="#"><u>Vision Benefits Comparison 2024</u></a>	PDF Document of comparison of all vision plans
<a href="#"><u>Davis Vision</u></a>	Direct Link to Davis Vision Website
<a href="#"><u>EyeMed</u></a>	Direct Link to EyeMed Website
<a href="#"><u>MetLife Vision</u></a>	Direct Link to MetLife Vision Website
<a href="#"><u>Find a Provider (Med, Dental, Vision)</u></a>	SEBB's webpage to find a provider for medical, dental or vision.
<a href="#"><u>Navia – Flexible Spending Accounts</u></a>	Direct Link to Navia's Website
<a href="#"><u>Flexible Spending Account (Medical, Limited Purpose)</u></a>	SEBB'S Webpage on Flexible Spending Account information (Medical and Limited Purpose)
<a href="#"><u>Dependent Care Assistance Program</u></a>	SEBB'S Webpage on Flexible Spending Account information (Dependent Care)
<a href="#"><u>The Standard - Long Term Disability</u></a>	Direct Link to The Standard's website
<a href="#"><u>Long Term Disability</u></a>	SEBB's webpage on Long Term Disability
<a href="#"><u>MetLife Insurance – Life Insurance</u></a>	Direct Link to Metlife's Website
<a href="#"><u>Life Insurance</u></a>	SEBB'S Webpage on Life Insurance
<a href="#"><u>SEBB Open Enrollment Web Page</u></a>	Direct Link to SEBB's main open enrollment webpage. Only available through 11.20.23
<a href="#"><u>Virtual Benefits Fair (Available 24/7)</u></a>	Direct Link to SEBB's Virtual Benefits Fair
<a href="#"><u>2023 Medical Plan Employee Premiums</u></a>	PDF Document – 2023 Medical premium rates
<a href="#"><u>2024 Medical Plan Employee Premiums</u></a>	PDF Document – 2024 Medical premium rates
<a href="#"><u>Contact the Plans</u></a>	Direct Links to SEBB'S Contact the Plan Page

