

# Who Do I Call?

## VCPFA Benefits Contacts and Other Helpful Numbers

### **BlueShield Medical Plans (Trio ACO HMO, Access+ HMO, and High-Deductible PPO)**

Website: <a href="http://www.blueshieldca.com">www.blueshieldca.com</a>	
TRIO ACO HMO Customer Service	(855) 747-5800
Access+ HMO and High-Deductible PPO Customer Service	(855) 256-9404
NurseHelp 24/7 (no copayment)	(877) 304-0504
TelaDoc (24/7 doctor visit via telephone, web, or mobile app copay applies)	(800) 835-2362
Mail Order Pharmacy – Caremark ( <a href="https://www.blueshieldca.com/wellness/drugs/mail-service-prescriptions">https://www.blueshieldca.com/wellness/drugs/mail-service-prescriptions</a> )	(866) 346-7200
Blue Shield Mental Health Services	(877) 263-9952

### **Delta Dental PPO**

Website: <a href="https://www.deltadental.com/">https://www.deltadental.com/</a>	
Customer Service (Member Services office for Eligibility/Claims/Benefits/Pre-certifications)	(800) 765-6003

### **VISION SERVICE PLAN (VSP) – Vision Plan**

Website: <a href="https://www.vsp.com/">https://www.vsp.com/</a>	
Member Services	(800) 428-4833

### **HealthEquity HSA (for BlueShield HDHP-PPO enrollees only)**

Website: <a href="https://thehealthequity.com/">https://thehealthequity.com/</a>	
Member Services	(866) 346-5800

### **Long Term Disability Insurance – CAPF**

Website: <a href="https://www.capf.org/">https://www.capf.org/</a>	
Member Services	(800) 832-7333

### **AFLAC Supplemental Insurance - Gena Quarantello**

Email: <a href="mailto:agentgena@gmail.com">agentgena@gmail.com</a>	
Cell Phone	(805) 279-9499

### **VCPFA 2nd V.P., Benefits - Tony McHale**

Email: <a href="mailto:tmchale@vcdfa.org">tmchale@vcdfa.org</a>	
Cell Phone	(661) 644-4917

### **County of Ventura Benefits**

Website: <a href="https://hr.ventura.org/benefits">https://hr.ventura.org/benefits</a>	
Email: <a href="mailto:benefits.servicerep@ventura.org">benefits.servicerep@ventura.org</a>	Cell Phone (805) 654-2570

### **FIRE HR (HQ) - Nina Acosta & Velinda Trujillo**

Email: <a href="mailto:nina.acosta@ventura.org">nina.acosta@ventura.org</a>	
Office	(805) 389-9732
Email: <a href="mailto:velinda.trujillo@ventura.org">velinda.trujillo@ventura.org</a>	
Office	(805) 389-9765

### **Adams, Ferrone & Ferrone – Worker's Compensation**

<a href="http://www.adamsferrone.com">www.adamsferrone.com</a>	
Phone	(866) 373-5900



Ventura County Professional Firefighters Association

3251 Corte Malpaso Ste 501B • Camarillo CA 93012

PHONE (805) 484-8844 • FAX (805) 484-3512

Email: [benefits@vcdfa.org](mailto:benefits@vcdfa.org)

[www.vcdfa.org](http://www.vcdfa.org)