



RASMUSSEN
GROUP



Benefit Contact Information

2026

Medical

Wellmark Blue Cross Blue Shield
1-800-524-9242
www.wellmark.com

Prescriptions

CVS / Caremark (Rx)
Mail Service Pharmacy: 1-866-611-5961
CVS Specialty Pharmacy: 1-800-237-2767
www.caremark.com

Health Savings Account

Fidelity
1-800-544-3716
www.netbenefits.com

Flexible Spending Account

Ameriflex
1-888-868-3539
www.myameriflex.com

Dental

Delta Dental of Iowa
1-800-544-0718
www.deltadentalia.com

Vision

Vision Service Plan (VSP)
1-800-877-7195
www.vsp.com
www.vsp.hearing.com (Hearing Aid Discounts)

Life – Accident – Short Term Disability

Lincoln Financial Group
1-800-423-2765
www.lincolnfinancial.com

401(k) Retirement Plan

Principal Financial Group
1-800-547-7754
www.principal.com

Employee Assistance Program (EAP)

Employee and Family Resources (EFR)
1-800-327-4692
www.efr.org/myeap

Employee Wellness Program

Navigate / Work Well
1-888-282-0822
www.rasmussenworkwell.com
515-266-5173

Medical Plan Resources

Doctor on Demand
1-800-997-6196
www.doctorondemand.com
Livongo (Diabetes Management Program)
1-800-945-4355
www.healthy.livongo.com/rasgroup/now

The Rasmussen Group Benefit Contact

Laura Mueller
HR Specialist – Benefits
lmueller@rasmussengroup.com
515-266-5173 ext. 357