

Helpful Contacts

Benefit	Provider	Email/Website	Phone Number
General Benefit Inquiries	HF Sinclair	benefits@hfsinclair.com rewards.hfsinclair.com	
Benefits Support	myBenefits		833-443-7236 (833 4 HFS BEN)
Medical and Pharmacy Dental Health Advocacy Solutions	Blue Cross Blue Shield of Texas (BCBSTX)	bcbstx.com	800-349-1874
Medical and Pharmacy (Puget Sound Union)	Contact your Union Representative for full details		
Vision	Vision Service Plan (VSP)	vsp.com	800-877-7195
Virtual Doctor	MDLIVE	mdlive.com/bcbstx	888-680-8646
Health Savings Account (HSA) Flexible Spending Accounts (FSA)	PNC Bank	pncbenefitplus@healthaccountservices.com participant.pncbenefitplus.com/login	844-356-9993
Short Term Disability	HF Sinclair	To file a claim contact your HR Representative	
Long Term Disability	Prudential	prudential.com/mybenefits	855-277-8061
Life and AD&D	Prudential	prudential.com/mybenefits	800-524-0542
Additional AD&D Business Travel Accident	CHUBB	chubb.com	800-252-4670
Accidental Injury Insurance Hospital Indemnity Insurance Critical Illness Insurance	Cigna	cigna.com	800-754-3207
Employee Assistance Program (EAP)	Lyra	hfsinclair.lyrahealth.com	844-623-0328
401(k) Retirement	Principal	principal.com	800-547-7754
Identity Theft Protection	Norton LifeLock		800-607-9174
Pet Insurance	Nationwide	my.petinsurance.com/login	877-738-7874
Adoption Reimbursement Plan	HF Sinclair	benefits@hfsinclair.com	
HF Sinclair Savings Marketplace	Working Advantage	hfsinclair.savings.workingadvantage.com	
Health Programs			
Diabetes & Hypertension	Livongo	get.liveongo.com/hfsinclair/now	800-945-4355
Weight Loss & Type 2 Diabetes	Omada	support.omadahealth.com	
Weight Management	Wondr Health	wondrhealth.com/hfsinclair	
Pain Relief Therapy	Hinge Health	hingehealth.com/hfsinclair	855-902-2777
Learn to Live	Blue Cross Blue Shield of Texas (BCBSTX)	bcbstx.com (Select "Wellness" followed by "Digital Mental Health")	
Choose to Loose	Tria Health	triahealth.com/ctl-hfsinclair	913-322-8456