



Your 2024 Benefit Options

- Health Insurance
- Dental Insurance
- Vision Insurance
- Employer-Provided Life Insurance
- Voluntary Life Insurance
- Sick Pay Benefit (SPB)
- Employer-Provided Long-Term Disability *New Provider!*
- Short Term Disability
- Hospital Indemnity Insurance
- Critical Illness Insurance
- Accident Insurance
- Cancer Advocate Plus *New!*
- Life Insurance with Long Term Care Coverage
- ID Theft Protection
- Legal Plans
- Pet Insurance

How to Schedule a Telephonic Benefits Appointment

Online: [BMH.MyBenefitsAppointment.com](https://www.bmh.com/MyBenefitsAppointment.com)

Call 833-721-4023 between 8:00 a.m. and 9:00 p.m. Central, Monday through Friday to schedule an appointment.