



Quick Reference Guide

01 Customer Support Benefit Health Plan, Inc. (BHPI)

For all of your customer service needs, first call our support specialists to answer your questions. They can provide details on you and your dependents, your claims, important forms, etc.

Phone: 844-580-2474

Email: customersupport@benefithealthplan.com

Web: <https://benefithealthplan.com/>

02 Network Cigna

Search for and find a provider in your area.

Web: <https://www.cigna.com/>

03 Telemedicine OurLiveDoc

Connect with board-certified physicians anytime, anywhere in the United States.

Call: 940-LiveDoc (940-548-3362)

04 Health Coaching US HealthCenter

Schedule an appointment with a Wholeistic™ health coach.

Phone: (877) 322-7398 x 3

Email: admin@lifexresearch.com

05 Pharmacy Manager ProAct, Inc

Full-service Pharmacy Benefit company with innovative programs and high-touch member services.

Phone: 877-635-9545

Web: <https://secure.proactrx.com/>

06 Personal Health Dashboard™ US HealthCenter

Assistance logging into the Personal Health Dashboard™

Phone: 877-322-7398 X3

Email: admin@lifexresearch.com