**Employee Benefits Information**

**Payroll:** District Representative- Val Willson, Central Business Office (607) 257-1551 x1055

**Health Insurance:** District Representative- Mara Mitchell, LCSD (607) 533-3020 X4006
Excellus Blue Cross/ Blue Shield of Central NY  (800) 847-1200
PO Box 22999 (Classic Blue Regionwide)
Rochester, NY 14692
[www.excellusbcbs.com.tstcoop](http://www.excellusbcbs.com.tstcoop)

**Dental Insurance:** District Representative- Mara Mitchell, LCSD (607) 533-3020 X4006
EBS-RMSCO, Inc.  (877) 890-8199
PO Box 778
Liverpool, NY 13088
[www.ebsrmsco.com](http://www.ebsrmsco.com)

**Flexible Spending Plan (FSA):** District Representative- Mara Mitchell, LCSD (607) 533-3020 X4006
EBS-RMSCO, Inc. (800) 327-7130
Employee Benefit Solutions
Claims Dept., PO Box 2330
Blasdell, NY 14219
[www.ebsrmsco.com](http://www.ebsrmsco.com)

**Employee Assistance Program (EAP):** District Representative- Mara Mitchell, LCSD (607) 533-3020 X4006
Family and Children’s Service of Ithaca  (607) 273-7494 or (800) 834-1239
127 West State Street, 1st Floor (Correspondence)
Ithaca, NY 14850
[www.fcsith.org](http://www.fcsith.org)

*The Employee Assistance Program is a service LCSD has purchased for its employees. Any LCSD employee or member of their household may use this service-free of charge for confidential counseling to help with a variety of difficult situations (up to 8 visits per year)*

**New York State Employees’ Retirement System:** District Representative- Karen Hradisky, LCSD x4005
(866) 805-0990
110 State Street
Albany, NY 12244-0001
[www.osc.state.ny.us/retire](http://www.osc.state.ny.us/retire)

**New York State Teacher’s Retirement System:** District Representative- Karen Hradisky, LCSD x4005
(800) 348-7298
10 Corporate Woods Drive
Albany, NY 12211-3295
[www.nystrs.org](http://www.nystrs.org)

**Workers’ Compensation:** District Representative- Mara Mitchell, LCSD (607) 533-3020 X4006
(315) 379-3071
TST Schools Workers’ Compensation Plan
PO Box 772
Canton, NY 13617