

## 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.excellusbcbcs.com.tstcoop](http://www.excellusbcbcs.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, 1<sup>st</sup> 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