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Employee Benefits Security Administration
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- Contact EBSA: Request Assistance, Solicitud de Asistencia
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Request for Assistance from The Department of Labor, EBSA

General Information, Printable Mail-In Form, Español

\* Denotes required information.

OMB Control Number: 1210-0146 Exp. Date: 09/30/2014

Inquirer Information

Form fields for Inquirer Information: First Name, Last Name, Middle Initial, Street Address, City, State/Zip, Best phone number to reach you during business hours, Telephone Type, Alternate phone number, Email Address

\*Note: e-mail address is not required; however if not provided the Department will not be able to contact you by e-mail.

You are a:

- Participant/Beneficiary (such as Employee/Dependent)
If you are not the employee, please provide name of the employee

- Name:
Plan Sponsor - Employer/Union
Plan Service Provider (such as Third Party Administrator, Accountant, Attorney, etc.)
Health Care Provider
Government Agency
Other (requires comments)
Comments:

Please check all below that apply

The Plan you are contacting us about is a:

- Health Plan (such as medical, dental, vision, etc.)
Other Welfare Plan (such as long term/short term disability, severance, life insurance, etc.)
Retirement/Pension (such as 401(k) plan, defined benefit plan, profit sharing plan, etc.)

You are requesting assistance with:

- Locating or contacting your plan
COBRA Notice / COBRA benefits
Getting documents or statements from your plan
Getting benefit claims paid
Notice of potential private pension from the Social Security Administration
Eligibility for employer sponsored benefits
Plan operation (such as funds not being deposited in the plan, employer has not paid premiums, investments, etc.)
Employer has filed, or is about to file bankruptcy
Employer has undergone, or is about to undergo a merger / acquisition
Plan is not complying with legal requirements (such as ERISA, COBRA, HIPAA, the Affordable Care Act)
General information about ERISA requirements such as health laws or pension laws
Other - describe in other information and comments below

Employer/Plan Contact Information

Form fields for Employer/Plan Contact Information: Type, Name, Best Person to Contact, First Name, Last Name, Middle Initial, Address, Zip Code, City, State, Phone Number, Telephone Type, Alternate Phone Number, Telephone Type, Email, Website

Add Another Plan Contact

Other Information and Comments

Please provide more detailed information about why you are contacting the Department for assistance below. Include information on efforts you have made to contact the plan administrator or employer to resolve the problem. Include a comment on how you believe your issue should be resolved and explain why. *Please attach all relevant information to the request for assistance, such as: copies of claims, copies of insurance cards or benefits statements, copies of Notices of Potential Pensions received from Social Security, copies of any responses received from your inquiries to the plan administrator, copies of relevant portions of the plan documents or SPD (summary plan description).* If your issue is related to a claim for pension benefits, please include the dates of employment and the employee's date of birth. If your issue is related to health claims, please include details on the date(s) of service and the amount(s) of the claim(s). See below on how to attach documents.



4000 Characters Remaining

#### Attachments

If you have attachments you would like to append to your inquiry select the appropriate button below. If you select yes, after submitting your inquiry you will then be directed to the attachment upload page.

- Yes, I have attachments I would like to upload.  
 No, I do not have any attachments.

**When you have completed the form click Submit**

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EBSA 301 June 2011

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