

Request Assistance from a Benefits Advisor

To get a Benefits Advisor to call you, submit your name, address and phone number

- General Information
- Printable Mail-In Form
- Español

* Denotes required information. OMB Control Number: 1210-0146 Exp. Date: 03/31/2024

- [1. Your Information](#)
- [2. Your Request](#)
- [3. Employer/Plan Contact Information](#)
- [4. Additional Information](#)

You are requesting assistance with:

Please check all below that apply

- 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