

# Continuation of Benefits

## To Continue Your Medical Plan

Under the group medical plan you and your covered dependents are eligible to continue coverage through COBRA. For COBRA information, call your Finance Department at 757.357.4393 or Optima Health at 1.877.552.7401

## FBA - Flexible Spending Accounts

If you have a positive balance (payroll deductions are greater than the amount you have received in reimbursement) in your Health Care Spending Account at the time of your termination, you may continue participation in the plan for the remainder of the Plan Year.

If you prefer to terminate your participation and contribution to the Plan, any balance in your account on the date of termination will be forfeited if expenses were not incurred prior to the date of termination. For more detailed information, please call FBA at 1.800.437.3539.

## AUL Short-Term and/or Long-Term Disability

Once an employee is on the AUL disability plan for 3 consecutive months, you can port the coverage for one year at the same cost without evidence of insurability. You have 31 days from your date of termination to apply for portability. Please see the Mark III website for the portability form.

## To Continue Other Policies

You may continue your **Aflac Group Accident, Aflac Group Critical Illness, Humana Cancer and Texas Life Whole Life** policies by having the premiums currently deducted from your paycheck drafted from your bank account or billed to your home.

For more information, contact:

**Aflac Group at 1.800.433.3036**

**Humana at 1.800.845.7519**

**Texas Life at 1.800.283.9233 Prompt #3**