

Human Resources and Provider Contacts

Department	Name	Phone	Email
Human Resources	Main Line & General Information	509-625-6363	humanresources@spokanecity.org
Employee Benefits	Main Line & General Information	509-625-6565	eracb@spokanecity.org
Wellness	Kristine Redmond	509-625-6531	kredmond@spokanecity.org
Safety	Matt Lowmaster Stephanie Crawford John Stanson	509-625-6221 509-625-6575 509-625-7952	mlovmaster@spokanecity.org scrawford@spokanecity.org jistanson@spokanecity.org
Workers Compensation	Sandra Parker Mandy Turner Luanne Coulter	509-625-6362 509-625-6370 509-625-6376	sparker@spokanecity.org mkturner@spokanecity.org lcoulter@spokanecity.org

Benefit	Provider Name	Phone Number	Website
Medical Insurance	Premera Blue Cross	800-722-1471	www.premera.com
Medical Insurance	Kaiser Permanente	888-901-4636	www.kp.org/wa
Dental Insurance	Delta Dental of Washington	800-554-1907	www.deltadentalwa.com
Life Insurance	Standard Insurance Company	800-378-4668	www.standard.com
Flexible Spending Accounts	Rehn & Associates	509-534-0600 Toll Free: 800-872-8979	https://cdh.rehnonline.com/Login.asp
Employee Assistance Program	KEPRO	800-999-1077	www.EAPHelplink.com Company Code: citspo
AFLAC	Susan Mensching Account Manager	208-664-9880	www.aflac.com/cityofspokane
Legal Shield & ID Theft Shield	D. Brian Emett Account Manager	253-376-9899	www.legalshieldassociate.com/emett/info
Pet Insurance	Nationwide	877-738-7874	www.petinsurance.com/spokanecity
HomeStreet Bank	Kelley Hollinger VP Affinity Relations Manager	415-489-7707 Toll Free: 800-719-8080	www.homestreet.com/CityofSpokane