[Human Resources](http://www.salisbury.edu/hr) (website)

410-543-6035

**HEALTH**

[State of Maryland Employee Benefits Division](http://www.dbm.maryland.gov)(website)

Health Benefits

1-800-307-8283

[State of Maryland Health Benefits Guide (PDF)](https://dbm.maryland.gov/benefits/Documents/CY19%20Benefits%20Guide.pdf)

[Health Insurance Marketplace Coverage Options and Your Health Coverage (PDF)](http://dbm.maryland.gov/benefits/Documents/Healthcare%20Exchange%20Notice.pdf)

[CareFirst](http://www.carefirst.com/statemd) BCBS (website)

1-800-225-0131

[United Healthcare](http://www.uhcmaryland.com) (website)

1-800-382-7513

[CVS Caremark](https://info.caremark.com/stateofmaryland) (website)

1-844-460-8767

[United Concordia DPPO](http://www.unitedconcordia.com/statemd) (website)

1-888-638-3384

[Delta Dental DHMO](http://www.deltadentalins.com/statemd/) (website)

1-844-697-0578

[MetLife](https://www.metlife.com/stateofmd/) (website)

Accidental Death & Dismemberment Insurance

Term Life Insurance

1-866-574-2863

[UNUM](http://www.unum.com/)(website)

Term Life Insurance

Long Term Disability

1-800-762-8705

**RETIREMENT**

[State Retirement & Pension System of Maryland](http://www.sra.state.md.us) (website)

1-800-492-5909

[State Retirement Handbook](http://www.sra.state.md.us/Participants/Members/Downloads/Handbooks/BenefitHandbook-Emp-Pen.pdf) (PDF)

[Choosing a Retirement Program](http://www.sra.state.md.us/Participants/Members/Downloads/Handbooks/BenefitHandbook-ORP.pdf) (PDF)

[Fidelity Investments](https://nb.fidelity.com/public/nb/usm/home) (website)

1-800-343-0860

[TIAA-CREF](http://www1.tiaa-cref.org/tcm/usmd/) (website)

1-800-842-2252

[MSRP/ Nationwide](http://www.marylanddc.com) (website)

1-800-545-4730

**FORMS**

**State Retirement Forms**

[Enrollment Worksheet](http://www.sra.state.md.us/Participants/Members/Downloads/Forms/Form_1.pdf) (Form 1)

[Beneficiary Designation](http://www.sra.state.md.us/Participants/Downloads/Forms/Form_4.pdf) (Form 4)

**Optional Retirement Plan Forms**

[State Retirement – Election Not to Participate](http://www.sra.state.md.us/Participants/Members/Downloads/Forms/Form_60.pdf) (Form 60)

[ORP Election Form](http://www.salisbury.edu/hr/Forms/ORP-%20USM%20PLAN%20SELECTION%20FORM%20-%20Revised%2001-30-09.pdf)

**HUMAN RESOURCES**

[Annual Holiday Calendar](https://www.salisbury.edu/administration/administration-and-finance-offices/human-resources/_files/pdfs/2019-Holiday-Calendar.pdf)

[Tuition Remission Policy – Employee](http://www.usmd.edu/regents/bylaws/SectionVII/) > 4.10

[Tuition Remission Policy – Spouse/Dependent](http://www.usmd.edu/regents/bylaws/SectionVII/) > 4.20

[Employee Assistance Program](http://www.inova.org/eap) – INOVA

[Faculty Handbook](http://www.salisbury.edu/provost/handbook/welcome.html)

[Staff Handbook](http://www.salisbury.edu/hr/Current-Employees/staff/index.html)

[Non-Exempt MOU](http://www.salisbury.edu/hr/Current-Employees/staff/index.html)

**PAYROLL**

[Salisbury University Payroll](http://www.salisbury.edu/payroll)

410-543-6046

[Direct Deposit Form](https://www.salisbury.edu/administration/administration-and-finance-offices/financial-services/payroll/docs/2017-direct-deposit-revised.pdf)

[Tax Withholding Form](https://comptroller.marylandtaxes.gov/Government_Services/State_Payroll_Services/Static_Files/Employee_W4/2019_MD_W4.pdf)

[Regular Payroll Schedule](https://www.salisbury.edu/administration/administration-and-finance-offices/financial-services/payroll/docs/FY%202019%20REGULAR%20PAYROLL%20SCHEDULE_.pdf)

[Contractual Payroll Schedule](https://www.salisbury.edu/administration/administration-and-finance-offices/financial-services/payroll/docs/2019%20CONTRACTUAL%20PAYROLL%20SCHEDULE.pdf)

[Environmental Health &Safety](http://www.salisbury.edu/healthsafety/)

410-546-6485

[University Police](http://www.salisbury.edu/police/)

410-543-6222