

**YOUR HEALTH TRUST
CONTACT INFORMATION**

**Zenith American Solutions - Seattle
201 Queen Anne Ave. North
Seattle, WA 98109
206-282-3600 or 800-826-2102**

Claims & Benefits	Option #2, then #1
Eligibility	Option #2, then #2
Pension	Option #2, then #3

**Zenith American Solutions – Spokane
509-534-5625 or 800-522-2403**

Washington-Idaho Laborers Employers Pension Trust – Customer Service

Contracted Vendors

CareAllies	800-422-3038
24 hour Nurseline	Option #1
In & Outpatient Precertification	Option #2
Mental Health & Substance Use	Option #3
Personal Health Coach	Option #4
Babytime, Healthy Babies Program	Option #6
Catamaran – Retail & Mail Order Pharmacy	888-354-0090
Vision Service Plan (VSP) Vision Benefits	800-877-7195
Premera – PPO Network Provider locator	800-810-2583

How to register and access your Plan information through the Zenith-American.com website!

If you have not registered or you've forgotten your password, go to www.zenith-american.com; at the "Account Login", click the arrow on the "Choose One" menu. Select: "Participant", then select: "Forgot your user name or password". Fill in the fields create a Username and Password. You will then have Plan and your personal information available to you at your fingertips!