



INSTRUCTIONS FOR LOGGING ON TO THE WEB PORTAL

To view claims and coverage information on-line.

To log in to our web portal as the Employee:

- Go to: www.lifetimebenefitsolutions.com. Click on Participants, then click on Health and Dental Plan, then click on Health and Dental Login.
- Once the login screen appears, you can “right click” anywhere on the screen’s background, and “Create a Shortcut” (which allows you to use a shortcut to the website on your desktop).

If you need help registering or resetting your password, please call customer service at the number on your ID Card – 315-448-9028 or 1-866-616-7216.