

# Markets Summary

## Market Profile Key:

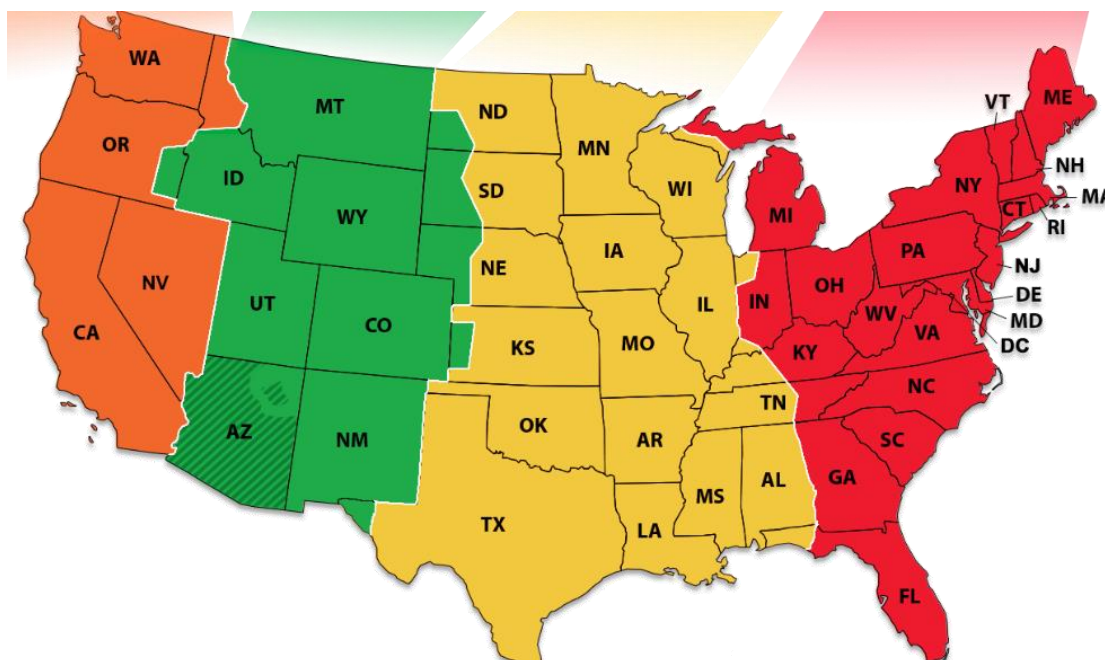
<b>Market Name -</b>	The markets name or name commonly used when referring to a large region we serve.
<b>Other Names / Identifiers –</b>	Labels that may appear in Ubiquity chart headings.

### Market Nuances:

Specific market call flows and nuances are listed in the “Call Transfer Flow” section of the PCC Training Manual. A “Market Nuances” note indicates additional information is available in that section.

**Market Hours:** Monday – Friday  
8:30 AM – 5:30 PM (*Local Time*)

### National Time Zone Map:



Pacific (PST)	Mountain (MST)	Central (CST)	Eastern (EST)
7:00 AM	8:00 AM	9:00 AM	10:00 AM

## Market Quick Select

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AL – Alabama

AR – Arkansas

AR/ MO – Ozarks

AZ – Phoenix, Tucson

CA – El Segundo

CA – Inland Empire

CA – NorCal (Bay Area + Sacramento)

CA – San Diego

CO – Denver

CT – Connecticut

DE / PA – Mid-Atlantic North

FL – Fort Myers

FL – Gainesville

FL – Jacksonville

FL – Miami

FL – Orlando

FL – Pensacola

FL – Tampa

GA – Atlanta

GA – Macon

GA – Valdosta

IA – Des Moines

IA / IL – Cedar Rapids

IL – Chicago

IN – Indiana

KS / MO – Kansas City

KY – Kentucky

MA / NH / ME – Northwest New England

MA / RI – Southeast New England

MD / VA – Mid-Atlantic South

MI – Detroit

MI – East Michigan

MI – West Michigan

MN / WI – Upper Midwest

MO / IL – Greater St. Louis

MS / LA – Mississippi / Louisiana

NC – East North Carolina

NC – West North Carolina

NJ – New Jersey

NY – Albany

NY – Buffalo

NY – Central New York

NY – NYC Metro

OH – Greater Cincinnati

OH – Greater Cleveland / Columbus

OK – Oklahoma City / Tulsa

OR / WA – Greater Northwest

SC – South Carolina

TN – Chattanooga

TN – Knoxville

TN – Memphis

TN – Nashville

TN - Tri-Cities

TX – Houston

TX – North Central Texas

TX – San Antonio

UT – Utah

WA - Puget Sound / Seattle

## Landmark Health Markets

### Alabama Time Zone (CST)

AL

Birmingham, Mobile, Montgomery

**Birmingham Office**  
300 Vestavia Parkway  
Suite 2300  
Birmingham, AL 35216

**Phone:** (866) 607-2869  
**Fax:** (844) 901-9446

**Mobile Office**  
3205 Westside Park  
Mobile, AL 36695

**Phone:** (866) 607-0648  
**Fax:** (844) 901-9447

**Montgomery Office**  
7480 Halcyon Point Drive  
Suite 300  
Montgomery, AL 36117

**Phone:** (866) 607-1498  
**Fax:** (844) 901-9448

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

📞 Birmingham: (205) 421-3421

📞 Mobile: (251) 206-5966

📞 Montgomery: (334) 209-4134

#### Triage Skills:

(pending)

#### Emails:

**Outreach:** (205) 745-5686

Birmingham Call Center

[call\\_center\\_birmingham@optum.com](mailto:call_center_birmingham@optum.com)

Mobile Call Center

[call\\_center\\_mobile@optum.com](mailto:call_center_mobile@optum.com)

Montgomery Call Center

[call\\_center\\_montgomery@optum.com](mailto:call_center_montgomery@optum.com)

Birmingham Triage

[birminghamtriage@landmark.pure.cloud](mailto:birminghamtriage@landmark.pure.cloud)

Mobile Triage

[mobiletriage@landmark.pure.cloud](mailto:mobiletriage@landmark.pure.cloud)

Montgomery Triage

[montgomerytriage@landmark.pure.cloud](mailto:montgomerytriage@landmark.pure.cloud)

Birmingham Local Outreach

Mobile Local Outreach

Montgomery Local Outreach

#### Cheat Sheets:



[Birmingham Cheat Sheet.pdf](#)



[Mobile Cheat Sheet.pdf](#)



[Montgomery Cheat Sheet.pdf](#)

## Arkansas Time Zone (CST)

AR

### Heartland Market

**Arkansas Office**  
425 W. Capitol Ave  
Suite 345  
Little Rock, AR 72201

**Phone:** (833) 365-0941  
NE  
(833) 387-6679  
SW  
**Fax:** (855) 362-0782  
**Outreach:** (913) 971-0282

### Market Skills:

(pending)

### LM1 Clinical Skills:

☎ NE Arkansas: (501) 209-7778  
☎ SW Arkansas: (501) 232-8137  
☎ Ozarks: (479) 588-2779

### Triage Skills:

(pending)

### Emails:

Call Center [call\\_center\\_arkansas@optum.com](mailto:call_center_arkansas@optum.com)  
Northeast Triage [nearkansatriage@landmark.pure.cloud](mailto:nearkansatriage@landmark.pure.cloud)  
Southwest Triage [swarkansatriage@landmark.pure.cloud](mailto:swarkansatriage@landmark.pure.cloud)  
Heartland Outreach [hbmcc\\_heartlandoutreachteam@ds.uhc.com](mailto:hbmcc_heartlandoutreachteam@ds.uhc.com)

### Cheat Sheets:

 [Arkansas Cheat Sheet.pdf](#)

## Ozarks Time Zone (CST)

AR / MO

### Heartland Market

**Arkansas Office**  
6860 W 115<sup>th</sup> Street  
Overland Park, KS 66211

**Phone:** (833) 358-0017  
**Fax:** (855) 362-0782  
**Outreach:** (913) 971-0282

### Market Skills:

(pending)

### LM1 Clinical Skills:

☎ (479) 588-2779

### Triage Skills:

(pending)

### Emails:

Call Center *Pending (use state-specific call center mailboxes for now)*  
Ozark Triage [ozarkstriage@landmark.pure.cloud](mailto:ozarkstriage@landmark.pure.cloud)  
Heartland Outreach [hbmcc\\_heartlandoutreachteam@ds.uhc.com](mailto:hbmcc_heartlandoutreachteam@ds.uhc.com)

### Cheat Sheets:

 [Arkansas Cheat Sheet.pdf](#)

## Arizona Time Zone (MST)

AZ

### Phoenix, Tucson

#### Phoenix

2828 N. Central Avenue  
Suite 829  
Phoenix, AZ 85004

**Phone:** (602) 412-1040

**Fax:** (855) 299-2190

**Outreach:** (602) 412-1043

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

☎ Phoenix: (623) 387-9524

☎ Tucson: (520) 348-6854

#### Triage Skills:

☎ (pending)

#### Tucson

6700 E. Speedway Blvd.  
Suite 105  
Tucson, AZ 85710

**Phone:** (520) 640-3744

**Fax:** (833) 983-2843

**Outreach:** (520) 640-3747

#### Emails:

Call Center

[call\\_center\\_arizona@optum.com](mailto:call_center_arizona@optum.com)

Phoenix Call Center

[phoenixtriage@landmark.pure.cloud](mailto:phoenixtriage@landmark.pure.cloud)

Tucson Triage

[tucsontriage@landmark.pure.cloud](mailto:tucsontriage@landmark.pure.cloud)

Local Outreach

[HBMC-ArizonaOutreach@ds.uhc.com](mailto:HBMC-ArizonaOutreach@ds.uhc.com)

#### Cheat Sheet:



[Phoenix Cheat Sheet.pdf](#)



[Tucson Cheat Sheet.pdf](#)

## El Segundo Time Zone (PST)

CA

#### Los Angeles Office

2101 Rosecrans Ave  
Suite 3230  
El Segundo, CA 90245

**Phone:** (323) 628-8670

**Fax:** (855) 883-6300

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

☎ Los Angeles: (323) 402-4772

#### Triage Skills:

(pending)

#### Emails:

**Outreach:** (657) 400-5045

El Segundo Call Center

[call\\_center\\_california@optum.com](mailto:call_center_california@optum.com)

El Segundo Triage

[losangelestriage@landmark.pure.cloud](mailto:losangelestriage@landmark.pure.cloud)

Local Outreach

#### Cheat Sheets:



[El Segundo Cheat Sheet.pdf](#)

## Inland Empire Time Zone (PST)

CA

### Ontario Office

3401 Centre Lake Dr.  
Suite 650  
Ontario, CA 91761

**Phone:** (909) 566-0445

**Fax:** (844) 452-2909

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 (909) 491-3660

### Triage Skills:

(pending)

### Emails:

Inland Empire Call Center

**Outreach:** (657) 400-5045

[call\\_center\\_california@optum.com](mailto:call_center_california@optum.com)

Inland Empire Triage

[inlandempiretriage@landmark.pure.cloud](mailto:inlandempiretriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Inland Empire Cheat Sheet.pdf](#)

## Bay Area / Sacramento Time Zone (PST)

CA

NorCal

### Bay Area Office

395 Oyster Point Blvd  
Suite 512  
San Francisco, CA 94080

**Phone:** (650) 826-2945

**Fax:** (844) 832-6330

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Bay Area: (650) 826-2940

📞 Sacramento: (916) 250-2982

### Sacramento Office

1451 Riverpark Dr  
Suite 260  
Sacramento, CA 95815

**Phone:** (916) 250-2057

**Fax:** (844) 813-6742

### Triage Skills:

(pending)

### Emails:

Call Center

**Outreach:** (650) 457-1662

[call\\_center\\_california@optum.com](mailto:call_center_california@optum.com)

Bay Area Triage

[bayareatriage@landmark.pure.cloud](mailto:bayareatriage@landmark.pure.cloud)

Sacramento Triage

[sacramentotriage@landmark.pure.cloud](mailto:sacramentotriage@landmark.pure.cloud)

Local Outreach

[NorCal\\_localoutreach@landmarkhealth.org](mailto:NorCal_localoutreach@landmarkhealth.org)

### Cheat Sheet:



[NorCal \(Bay Area\) Cheat Sheet.pdf](#)



[NorCal \(Sacramento\) Cheat Sheet.pdf](#)



## San Diego Time Zone (PST)

CA

**San Diego Office**  
9665 Chesapeake  
Suite 350  
San Diego, CA 92123

**Phone:** (877) 260-2261  
**Fax:** (844) 813-6746

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
📞 (619) 343-3085  
**Triage Skills:**  
(pending)

**Emails:**

**Outreach:** (657) 400-5045

San Diego Call Center [call\\_center\\_california@optum.com](mailto:call_center_california@optum.com)  
San Diego Triage [sandiegotriage@landmark.pure.cloud](mailto:sandiegotriage@landmark.pure.cloud)  
Local Outreach [NorCal\\_localoutreach@landmarkhealth.org](mailto:NorCal_localoutreach@landmarkhealth.org)

**Cheat Sheets:**



[San Diego Cheat Sheet.pdf](#)

## Denver Time Zone (MST)

CO

Colorado, Great Plains

**Market Office**  
1707 Cole Blvd  
Suite 100  
Golden, CO 80401

**Phone:** (855) 783-9545  
**Fax:** (855) 252-0511

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
📞 (855) 783-9545  
**Triage Skills:**  
(pending)

**Emails:**

**Outreach:** (833) 402-9298

Denver Call Center [call\\_center\\_denver@optum.com](mailto:call_center_denver@optum.com)  
Denver Triage [denvertrriage@landmark.pure.cloud](mailto:denvertrriage@landmark.pure.cloud)  
Local Outreach [HBMC-GreatPlainsOutreach@ds.uhc.com](mailto:HBMC-GreatPlainsOutreach@ds.uhc.com)

**Cheat Sheets:**



[Denver Cheat Sheet.pdf](#)

## Connecticut Time Zone (EST)

CT

Hartford, New Haven

### Connecticut Office

Mezz Level 20 Church St.  
Hartford, CT 06103

**Phone:** (877) 255-3259

**Fax:** (833) 983-2041

**Outreach:** (833) 596-3057

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 CT: (860) 215-3275

### Triage Skills:

(pending)

### Emails:

Call Center [call\\_center\\_connecticut@optum.com](mailto:call_center_connecticut@optum.com)

Connecticut Triage [hartfordtriage@landmark.pure.cloud](mailto:hartfordtriage@landmark.pure.cloud)

Local Outreach [HBMC-CTCHAs@ds.uhc.com](mailto:HBMC-CTCHAs@ds.uhc.com)

### Cheat Sheets:



[Connecticut Cheat Sheet.pdf](#)

## Mid-Atlantic North Time Zone (EST)

DE / PA

Central PA, Harrisburg, Pittsburgh, Philadelphia, Dover

### Harrisburg Office

2401 Park Drive  
Harrisburg, PA 17110

**Phone:** (877) 257-2192

**Fax:** (844) 803-8108

### Market Skills:

(pending)

### LM1 Clinical Line:

📞 Central PA: (717) 743-1773

📞 Pittsburgh: (412) 228-4132

📞 Dover: (302) 396-6787

### Triage Skills:

(pending)

### Emails:

**Outreach:** (717) 732-4764

Call Center Dover [call\\_center\\_dover@optum.com](mailto:call_center_dover@optum.com)

Call Center Pennsylvania [call\\_center\\_centralpa@optum.com](mailto:call_center_centralpa@optum.com)

Dover Triage [dovertriage@landmark.pure.cloud](mailto:dovertriage@landmark.pure.cloud)

Pennsylvania Triage [centralpatriage@landmark.pure.cloud](mailto:centralpatriage@landmark.pure.cloud)

Pittsburgh Triage [pittsburghtriage@landmark.pure.cloud](mailto:pittsburghtriage@landmark.pure.cloud)

Local Outreach [NoMA\\_CHA@ds.uhc.com](mailto:NoMA_CHA@ds.uhc.com)

### Cheat Sheets:



[Central PA Cheat Sheet.pdf](#)



[Pittsburgh Cheat Sheet.pdf](#)



[Philadelphia Cheat Sheet.pdf](#)



[Dover Cheat Sheet.pdf](#)



## Fort Myers Time Zone (EST)

South Florida

FL

**Fort Myers Office**  
13751 Metropolis Avenue  
Ft. Myers FL 33912

**Phone:** (239) 955-6005  
**Fax:** (833) 886-3443  
**Outreach:** (833) 772-1779

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (239) 955-6005

**Triage Skills:**

(pending)

**Emails:**

Fort Myers Call Center [call\\_center\\_fortmyers@optum.com](mailto:call_center_fortmyers@optum.com)  
Fort Myers Triage [fortmyerstriage@landmark.pure.cloud](mailto:fortmyerstriage@landmark.pure.cloud)  
Local Outreach [HBMC-SouthFloridaCHAs@ds.uhc.com](mailto:HBMC-SouthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**



[Fort Myers Cheat Sheet.pdf](#)

## Gainesville Time Zone (EST)

North Florida

FL

**Gainesville Office**  
603 East Fort King St.  
Ocala FL 34471

**Phone:** (833) 435-1759  
**Fax:** (866) 731-1926  
**Outreach:** (833) 435-1760

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (352) 810-4248

**Triage Skills:**

(pending)

**Emails**

Gainesville Call Center [call\\_center\\_gainesville@optum.com](mailto:call_center_gainesville@optum.com)  
Gainesville Triage [gainesvilletriage@landmark.pure.cloud](mailto:gainesvilletriage@landmark.pure.cloud)  
Local Outreach [HBMC-NorthFloridaCHAs@ds.uhc.com](mailto:HBMC-NorthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**



[Gainesville Cheat Sheet.pdf](#)

## Jacksonville Time Zone (EST)

FL

### North Florida

**Jacksonville Office**  
10151 Deerwood Park Blvd.  
Bldg. 300, Suite 310  
Jacksonville, FL 32256

**Phone:** (833) 435-1749  
**Fax:** (866) 731-2058  
**Outreach:** (833) 435-1752

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

☎ (904) 902-5812

**Triage Skills:**

(pending)

**Emails:**

Jacksonville Call Center [call\\_center\\_jacksonville@optum.com](mailto:call_center_jacksonville@optum.com)  
Jacksonville Triage [jacksonvilletriage@landmark.pure.cloud](mailto:jacksonvilletriage@landmark.pure.cloud)  
Local Outreach [HBMC-NorthFloridaCHAs@ds.uhc.com](mailto:HBMC-NorthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**

 [Jacksonville Cheat Sheet.pdf](#)

## Miami Time Zone (EST)

FL

### South Florida

**Miami Office**  
955 South Federal Hwy.  
Suite 215  
Fort Lauderdale, FL 33316

**Phone:** (786) 840 3865  
**Fax:** (833) 886-3441  
**Outreach:** (786) 840-3861

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

☎ (786) 840-3865

**Triage Skills:**

(pending)

**Emails:**

Miami Call Center [call\\_center\\_miami@optum.com](mailto:call_center_miami@optum.com)  
Miami Triage [miamitriage@landmark.pure.cloud](mailto:miamitriage@landmark.pure.cloud)  
Miami Local Outreach [HBMC-SouthFloridaCHAs@ds.uhc.com](mailto:HBMC-SouthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**

 [Miami Cheat Sheet.pdf](#)

## Orlando Time Zone (EST)

FL

### North Florida

#### Orlando Office

6545 Corporate Centre Blvd  
Suite 240  
Orlando, FL 32822

**Phone:** (833) 435-1730

**Fax:** (866) 943-6552

**Outreach:** (833) 435-1731

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

📞 (407) 641-0483

#### Triage Skills:

(pending)

#### Emails:

Orlando Call Center [call\\_center\\_orlando@optum.com](mailto:call_center_orlando@optum.com)

Orlando Triage [orlandotriage@landmark.pure.cloud](mailto:orlandotriage@landmark.pure.cloud)

Local Outreach [HBMC-NorthFloridaCHAs@ds.uhc.com](mailto:HBMC-NorthFloridaCHAs@ds.uhc.com)

#### Cheat Sheets:



[Orlando Cheat Sheets.pdf](#)

## Pensacola Time Zone (EST)

FL

### North Florida

#### Pensacola Office

35 W. Maxwell St  
Ste. 250  
Pensacola, FL 32501

**Phone:** (833) 435-1723

**Fax:** (833) 886-3444

**Outreach:** (833) 435-1728

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

📞 (850) 824-6706

#### Triage Skills:

(pending)

#### Emails:

Pensacola Call Center [call\\_center\\_pensacola@optum.com](mailto:call_center_pensacola@optum.com)

Pensacola Triage [pensacolatriage@landmark.pure.cloud](mailto:pensacolatriage@landmark.pure.cloud)

Local Outreach [HBMC-SouthFloridaCHAs@ds.uhc.com](mailto:HBMC-SouthFloridaCHAs@ds.uhc.com)

#### Cheat Sheets:



[Pensacola Cheat Sheet.pdf](#)

## Tampa Time Zone (EST)

FL

### South Florida

**Tampa Office**  
5130 Sunforest Drive  
Suite 200  
Tampa, FL 33634

**Phone:** (813) 921-6706  
**Fax:** (833) 886-3442  
**Outreach:** (239) 955-6004

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (813) 921-6706

**Triage Skills:**

(pending)

**Emails:**

Tampa Call Center [call\\_center\\_tampa@optum.com](mailto:call_center_tampa@optum.com)  
Tampa Triage [tampatriage@landmark.pure.cloud](mailto:tampatriage@landmark.pure.cloud)  
Local Outreach [HBMCSouthFloridaCHAs@ds.uhc.com](mailto:HBMCSouthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**



[Tampa Cheat Sheet.pdf](#)

## Atlanta Time Zone (EST)

GA

**Atlanta Office**  
2100 RiverEdge Pkwy  
Suite 600  
Atlanta GA, 30328

**Phone:** (404) 282-0748  
**Fax:** (844) 732-0498  
**Outreach:** (855) 784-1476

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (404) 282-0734

**Triage Skills:**

(pending)

**Atlanta Shipping Office**  
2100 RiverEdge Pkwy  
Suite 500 5th Floor  
Atlanta GA, 30328

**Emails:**

Atlanta Call Center [Atlanta\\_LocalOutreach@landmarkhealth.org](mailto:Atlanta_LocalOutreach@landmarkhealth.org)  
Atlanta Triage [atlantatriage@landmark.pure.cloud](mailto:atlantatriage@landmark.pure.cloud)  
Local Outreach [HBMCSouthFloridaCHAs@ds.uhc.com](mailto:HBMCSouthFloridaCHAs@ds.uhc.com)

**Cheat Sheets:**



[Atlanta Cheat Sheet.pdf](#)

## Macon Time Zone (EST)

GA

**Macon Office**  
1000 Corporate  
Pointe Suite 202  
Warner Robins, GA 31088

**Phone:** (833) 417-5596  
**Fax:** (844) 536-8557  
**Outreach:** (855) 784-1476

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (470) 632-3272  
**Triage Skills:**  
(pending)

### Emails:

Macon Call Center [Atlanta\\_LocalOutreach@landmarkhealth.org](mailto:Atlanta_LocalOutreach@landmarkhealth.org)  
Macon Triage [macontriage@landmark.pure.cloud](mailto:macontriage@landmark.pure.cloud)  
Local Outreach [HBMC-GeorgiaCHAs@ds.uhc.com](mailto:HBMC-GeorgiaCHAs@ds.uhc.com)

### Cheat Sheets:



[Macon Cheat Sheet.pdf](#)

## Valdosta Time Zone (EST)

GA

*(No Address Available)*

**Phone:** *(No Phone Available)*  
**Fax:** *(No Fax Available)*  
**Outreach:** *(No Phone Available)*

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (229) 795-1255  
**Triage Skills:**  
(pending)

### Emails:

Valdosta Call Center [Atlanta\\_LocalOutreach@landmarkhealth.org](mailto:Atlanta_LocalOutreach@landmarkhealth.org)  
Valdosta Triage [valdostatriage@landmark.pure.cloud](mailto:valdostatriage@landmark.pure.cloud)  
Valdosta Outreach [HBMC-GeorgiaCHAs@ds.uhc.com](mailto:HBMC-GeorgiaCHAs@ds.uhc.com)

### Cheat Sheets:



[Macon Cheat Sheet.pdf](#)

## Des Moines Time Zone (CST)

IA

### Heartland Market

#### Market Office

1089 Jordan Creek Parkway  
Suite 200  
West Des Moines IA 50266

**Phone:** (515) 531-8013

**Fax:** (833) 983-2836

**Outreach:** (319) 208-2596

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

☎ (515-585-0610)

#### Triage Skills:

(pending)

#### Emails:

Des Moines Call Center [Call\\_Center\\_DesMoines@optum.com](mailto:Call_Center_DesMoines@optum.com)  
Des Moines Triage [desmoinestriage@landmark.pure.cloud](mailto:desmoinestriage@landmark.pure.cloud)  
Heartland Outreach [hbmhc\\_heartlandoutreachteam@ds.uhc.com](mailto:hbmhc_heartlandoutreachteam@ds.uhc.com)

#### Cheat Sheets:

 [Des Moines Cheat Sheet .pdf](#)

## Cedar Rapids Time Zone (CST)

IA / IL

### Heartland Market

#### Market Office

1089 Jordan Creek Parkway  
Suite 200  
West Des Moines IA 50266

**Phone:** (515) 531-8013

**Fax:** (888) 997-6077

**Outreach:** (319) 208-2596

#### Market Skills:

(pending)

#### LM1 Clinical Skills:

☎ IA: (319) 209-5192

☎ IL: (319) 531-9313

#### Triage Skills:

(pending)

#### Emails:

Cedar Rapids Call Center [Call\\_Center\\_CedarRapids@optum.com](mailto:Call_Center_CedarRapids@optum.com)  
Cedar Rapids IA Triage [cedarrapidsiatriage@landmark.pure.cloud](mailto:cedarrapidsiatriage@landmark.pure.cloud)  
Cedar Rapids IL Triage [cedarrapidsiltriage@landmark.pure.cloud](mailto:cedarrapidsiltriage@landmark.pure.cloud)  
Heartland Outreach [hbmhc\\_heartlandoutreachteam@ds.uhc.com](mailto:hbmhc_heartlandoutreachteam@ds.uhc.com)

#### Cheat Sheets:

 [Cedar Rapids Cheat Sheet .pdf](#)



## Chicago Time Zone (CST)

IL

Illinois / IL Market

### Market Office

2655 Warrenville Rd.  
Suite 500  
Downers Grove, IL 60515

**Phone:** (773) 840-1339

**Fax:** (855)-273-3924

**Outreach:** (773) 840-1343

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 (773) 219-2436

### Triage Skills:

(pending)

### Emails:

Call Center [call\\_center\\_chicago@optum.com](mailto:call_center_chicago@optum.com)

Triage [chicagotriage@landmark.pure.cloud](mailto:chicagotriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Chicago Cheat Sheet.pdf](#)

## Indiana Time Zone (EST)

IN

Indianapolis, Fort Wayne

### Indianapolis Office

7440 Woodland Drive  
Indianapolis, IN 46278

**Phone:** (866) 603-7608

**Fax:** (833) 711-1337

**Outreach:** (463) 204-0348

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Indianapolis: (463) 218-3989

📞 Fort Wayne: (260) 215-6295

### Triage Skills:

(pending)

### Fort Wayne Office

1690 Broadway  
Ft. Wayne, IN 46802

**Phone:** (866) 603-7606

**Fax:** (833) 983-2037

**Outreach:** (260) 200-3383

### Emails:

Call Center [call\\_center\\_indiana@optum.com](mailto:call_center_indiana@optum.com)

Indianapolis Triage [indianapolistriage@landmark.pure.cloud](mailto:indianapolistriage@landmark.pure.cloud)

Fort Wayne Triage [fortwaynetriage@landmark.pure.cloud](mailto:fortwaynetriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Indianapolis Cheat Sheet.pdf](#)



[Fort Wayne Cheat Sheet.pdf](#)

## Kansas City Time Zone (CST)

KS / MO

Heartland Market, Kansas City,

### Market Office

6860 West 115<sup>th</sup> Street  
Overland Park, KS 66211

**Phone:** (833) 358-0017

**Fax:** (855) 299-2184

**Outreach:** (913) 971-0282

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 KS: (913) 971-0278

📞 MO: (816) 319-2677

### Triage Skills:

(pending)

### Emails:

Call Center

[Call\\_Center\\_KansasCity@optum.com](mailto:Call_Center_KansasCity@optum.com)

Kansas City KS Triage

[kansascitykstriage@landmark.pure.cloud](mailto:kansascitykstriage@landmark.pure.cloud)

Kansas City MO Triage

[kansascitymotriage@landmark.pure.cloud](mailto:kansascitymotriage@landmark.pure.cloud)

Heartland Outreach

[hbmhc\\_heartlandoutreachteam@ds.uhc.com](mailto:hbmhc_heartlandoutreachteam@ds.uhc.com)

### Cheat Sheets:



[Kansas City \(KS MO\) Cheat Sheet.pdf](#)

## Kentucky Time Zone (EST)

KY

Kentucky = Greater Cincinnati, Cincinnati

### Kentucky Office

3455 Mill Run Dr.  
Suite 310  
Hillard, OH 43026

**Phone:** (833) 358-2665

**Fax:** (855) 362-0779

**Outreach:** (380) 390-3746

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Cincinnati: (513) 833-9362

📞 Louisville: (502) 390-2894

### Triage Skills:

(pending)

### Emails:

Call Center

[call\\_center\\_cincinnati@optum.com](mailto:call_center_cincinnati@optum.com)

Cincinnati Triage

[cincinnati@landmark.pure.cloud](mailto:cincinnati@landmark.pure.cloud)

Louisville Triage

[louisville@landmark.pure.cloud](mailto:louisville@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Greater Cincinnati KY Cheat Sheet.pdf](#)

## Northwest New England Time Zone (EST)

**MA, NH, ME**

**Northwest Region** = Northwest Massachusetts, New Hampshire (Manchester), Maine

**Massachusetts Office**  
1400 Computer Dr  
Suite 301  
Westborough, MA 01581

**Phone:** (877) 255-3259  
**Fax:** (844) 803-8107

**Market Line:**

(pending)

**New Hampshire Office**  
20 Trafalgar Square  
Suite 407  
Nashua, NH 03063

**Phone:** (833) 233-3989  
**Fax:** (844) 803-8107

**LM1 Clinical Line:**

☎ MA: (617) 804-2627

☎ NH: (617) 804-2548

☎ ME: (508) 556-1756

**Maine Office**  
778 Main Street  
South Portland, ME 04106

**Phone:** (833) 247-9585  
**Fax:** (844) 803-8107

**Triage Line:**

(pending)

**Emails:**

**Outreach:** (617) 804-2596

NW New England Call Center [call\\_center\\_nwnewengland@optum.com](mailto:call_center_nwnewengland@optum.com)

Maine Call Center [call\\_center\\_maine@optum.com](mailto:call_center_maine@optum.com)

Massachusetts Triage [northcentralmatriage@landmark.pure.cloud](mailto:northcentralmatriage@landmark.pure.cloud)

New Hampshire Triage [newhampshiretriage@landmark.pure.cloud](mailto:newhampshiretriage@landmark.pure.cloud)

Maine Triage [mainetriage@landmark.pure.cloud](mailto:mainetriage@landmark.pure.cloud)

Northwest Local Outreach [HBMC-NorthWestNewEnglandCHA@ds.uhc.com](mailto:HBMC-NorthWestNewEnglandCHA@ds.uhc.com)

**Cheat Sheets:**

 [Northwest New England Cheat Sheet.pdf](#)

## Southeast New England Time Zone (EST)

MA, RI

**Southeast Region = Rhode Island**

**Massachusetts Office**  
1400 Computer Dr  
Suite 301  
Westborough, MA 01581

**Phone:** (877) 255-3259  
**Fax:** (844) 803-8107

**Market Skills:**  
(pending)

**LM1 Clinical Skills:**

☎ MA: (617) 433-9284

☎ RI: (617) 804-2599

**Rhode Island Office**  
475 Kilvert St.  
Building B, Ste 310  
Warwick, RI 02886

**Phone:** (844) 242-4472  
**Fax:** (844) 803-8107

**Triage Skills:**  
(pending)

### Emails:

Call Center

**Outreach:** (617) 804-2596

[call\\_center\\_senewengland@optum.com](mailto:call_center_senewengland@optum.com)

Massachusetts Triage

[southeastmatriage@landmark.pure.cloud](mailto:southeastmatriage@landmark.pure.cloud)

Rhode Island Triage

[rhodeislandtriage@landmark.pure.cloud](mailto:rhodeislandtriage@landmark.pure.cloud)

Local Outreach

[HBMC-SouthEastNewEnglandCHA@ds.uhc.com](mailto:HBMC-SouthEastNewEnglandCHA@ds.uhc.com)

### Cheat Sheets:



[Southeast New England Cheat Sheet.pdf](#)

## Mid-Atlantic South Time Zone (EST)

MD, VA

**Richmond, Norfolk, Virginia, Maryland, Baltimore**

**Maryland Office**  
10175 Little Patuxent Pkwy  
Suite 200  
Columbia, MD 21044

**Phone:** (410) 657-5061  
**FAX:** (866) 279-3314  
**Outreach:** (855) 783 8039

**Market Skills:**  
(pending)

**LM1 Clinical Skills:**

☎ MA: (443) 774-1401

☎ VA: (804) 207 3024

**Virginia Office**  
14321 Winter Breeze Dr  
Midlothian, VA 23113

**Phone:** (804) 223-6445  
**FAX:** (888) 442-6953  
**Outreach:** (804) 220-5362

**Triage Skills:**  
(pending)

### Emails:

Call Center Baltimore

[call\\_center\\_baltimore@optum.com](mailto:call_center_baltimore@optum.com)

Call Center Mid-Atlantic South

[call\\_center\\_mid-atlanticsouth@optum.com](mailto:call_center_mid-atlanticsouth@optum.com)

Baltimore Triage

[baltimoretriage@landmark.pure.cloud](mailto:baltimoretriage@landmark.pure.cloud)

East Virginia Triage

[easternvatriage@landmark.pure.cloud](mailto:easternvatriage@landmark.pure.cloud)

Local Outreach

[easternvasecureemail@optum.com](mailto:easternvasecureemail@optum.com)

### Cheat Sheets:



[Virginia Cheat Sheet .pdf](#)



[Baltimore Cheat Sheet.pdf](#)

## Detroit Time Zone (EST)

MI

**Detroit Office**  
26677 W. Twelve Mile Rd  
Suites 166 & 168  
Southfield MI 48034

**Phone:** (313) 306-2023  
**Fax:** (888) 442-6976  
**Outreach:** (717) 732-4764

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (313) 306-2529  
**Triage Skills:**  
(pending)

### Emails:

Detroit Call Center [call\\_center\\_detroit@optum.com](mailto:call_center_detroit@optum.com)  
Detroit Triage [detroittriage@landmark.pure.cloud](mailto:detroittriage@landmark.pure.cloud)  
Detroit Local Outreach [HBMC-DetroitCHAs@ds.uhc.com](mailto:HBMC-DetroitCHAs@ds.uhc.com)

### Cheat Sheets:

 [Detroit Cheat Sheet.pdf](#)

## East Michigan Time Zone (EST)

MI

East Michigan Areas = Lansing, Saginaw and Flint

**Flint Office**  
4100 S Saginaw St.  
203 Flint MI 48507

**Phone:** (810) 230-4720  
**Fax:** (833) 983-2840

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (517) 705-3330

**Lansing Office**  
822 Centennial Way  
Suite 100  
Lansing, MI 48917

**Phone:** (810) 230-4720  
**Fax:** (833) 983-2840

**Triage Skills:**  
(pending)

### Emails:

East Michigan Call Center [call\\_center\\_eastmichigan@optum.com](mailto:call_center_eastmichigan@optum.com)  
East Michigan Triage [eastmichigantriage@landmark.pure.cloud](mailto:eastmichigantriage@landmark.pure.cloud)  
East MI Local Outreach

**Outreach:** (810) 230-4720

### Cheat Sheets:

 [East Michigan Cheat Sheet.pdf](#)

## West Michigan Time Zone (EST)

MI

**Detroit Office**  
77 Monroe Center St. NW  
Suite 600  
Grand Rapids, MI 49503

**Phone:** (616) 207-3534  
**Fax:** (855) 999-9436  
**Outreach:** (616) 207-4270

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (616) 303-1686

**Triage Skills:**

(pending)

**Emails:**

Call Center [call\\_center\\_westmichigan@optum.com](mailto:call_center_westmichigan@optum.com)  
Triage [westmichigantriage@landmark.pure.cloud](mailto:westmichigantriage@landmark.pure.cloud)  
Local Outreach [HBMCWestMichiganCHAs@ds.uhc.com](mailto:HBMCWestMichiganCHAs@ds.uhc.com)

**Cheat Sheets:**



[West Michigan Cheat Sheet.pdf](#)



## Upper Midwest Time Zone (CST)

**MN, WI**

Minnesota & Wisconsin = Green Bay, Milwaukee

### Green Bay Office

4650 W Spencer Street  
Suite 15  
Appleton, WI 54914

**Fax:** (844) 732-0499  
*Medical Records*

**Fax:** (888) 618-3543

### Milwaukee Office

11220 W Burleigh St.  
Suite 100  
Wauwatosa, WI 53222

**Fax:** (844) 732-0499  
*Medical Records*

**Fax:** (888) 618-3548

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Minnesota: (612) 200-0890

📞 Milwaukee: (414) 204-7584

📞 Green Bay: (920) 204-6364

### Triage Skills:

(pending)

### Milwaukee Shipping Office

11220 W Burleigh Street  
Suite 139  
Wauwatosa, WI 53222

### Minnesota Office

8300 Norman Center Dr.  
Suite 230  
Bloomington, MN 55437

**Phone:** (833) 247-9591

**Fax:** (888) 618-3523

### Emails:

Call Center

Green Bay Triage

Milwaukee Triage

Minnesota Triage

Local Outreach

**Outreach:** (833) 247-9616

[call\\_center\\_minnesota@optum.com](mailto:call_center_minnesota@optum.com)

[greenbaytriage@landmark.pure.cloud](mailto:greenbaytriage@landmark.pure.cloud)

[milwaukeeetriage@landmark.pure.cloud](mailto:milwaukeeetriage@landmark.pure.cloud)

[minnesotatriage@landmark.pure.cloud](mailto:minnesotatriage@landmark.pure.cloud)

### Cheat Sheets:



[Green Bay Cheat Sheet.pdf](#)



[Milwaukee Cheat Sheet.pdf](#)



[Minnesota Cheat Sheet.pdf](#)

## Greater St. Louis Time Zone (CST)

MO / IL

### Market Office

13655 Riverport Drive  
Maryland Heights, MO 63043

**Phone:** (855) 783-6877

**Fax:** (866) 279-3314

**Outreach:** (855) 783-7354

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 IL: (314) 936-6998

📞 MO: (314) 936-6998

### Triage Skills:

(pending)

### Emails:

St. Louis IL Call Center

[call\\_center\\_stlouis@optum.com](mailto:call_center_stlouis@optum.com)

St. Louis Triage IL

[stlouisiltriage@landmark.pure.cloud](mailto:stlouisiltriage@landmark.pure.cloud)

St. Louis MO Triage

[stlouismotriage@landmark.pure.cloud](mailto:stlouismotriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[St. Louis Cheat Sheet.pdf](#)

## Mississippi / Louisiana Time Zone (CST)

MS / LA

### Gulf Coast

### Market Office

14116 Customs Boulevard  
Suite 113  
Gulfport, MS 39503

**Phone:** (833) 362-6703

**Fax:** (855) 362-0778

**Outreach:** (504) 315-2295

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Gulfport: (504) 313-1390

### Triage Skills:

(pending)

### Emails:

Call Center

[call\\_center\\_mississippi@optum.com](mailto:call_center_mississippi@optum.com)

Mississippi Triage

[gulfporttriage@landmark.pure.cloud](mailto:gulfporttriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Gulf Coast \(LA MS\) Cheat Sheet.pdf](#)

## East North Carolina Time Zone (EST)

NC

### Raleigh-Durham

**Raleigh-Durham Office**  
2645 Meridian Pkwy  
Suite 323  
Durham, NC 27713

**Phone:** (833) 355-6036  
**Fax:** (844) 813-6747

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

☎ (984) 227-8915

**Triage Skills:**

(pending)

**Emails:**

Call Center

[call\\_center\\_eastnc@optum.com](mailto:call_center_eastnc@optum.com)

Raleigh-Durham Triage

[raleighdurhamtriage@landmark.pure.cloud](mailto:raleighdurhamtriage@landmark.pure.cloud)

Local Outreach

[HBMC-NCEastCHAs@ds.uhc.com](mailto:HBMC-NCEastCHAs@ds.uhc.com)

**Cheat Sheets:**



[East North Carolina Cheat Sheet.pdf](#)

## West North Carolina Time Zone (EST)

NC

### Winston-Salem

**Winston-Salem Office**  
380 Knollwood St  
Suite 305  
Winston-Salem, NC 27103

**Phone:** (833) 357-2966  
**Fax:** (855) 299-2182

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

☎ (336) 934-4375

**Triage Skills:**

(pending)

**Emails:**

Call Center

[call\\_center\\_westnc@optum.com](mailto:call_center_westnc@optum.com)

Winston-Salem Triage

[winstonsalemtriage@landmark.pure.cloud](mailto:winstonsalemtriage@landmark.pure.cloud)

Local Outreach

[HBMC-NCWestCHAs@ds.uhc.com](mailto:HBMC-NCWestCHAs@ds.uhc.com)

**Cheat Sheets:**



[West North Carolina Cheat Sheet.pdf](#)

## New Jersey Time Zone (EST)

NJ

Tom's River, Secaucus, Newark

**Tom's River Office**  
1415 Hooper Ave.  
Ste. 204, Unit C  
Toms River, NJ 08753

**Phone:** (833) 202-5516  
**Fax:** (833) 983-2850

**Market Skills:**

(pending)

**LM1 Clinical Line:**

📞 Newark: (973) 221-2324

📞 Tom's River: (732) 908-7782

**Secaucus Office**  
One Harmon Plaza  
Suite 304  
Secaucus, NJ 07094

**Phone:** (833) 202-5499  
**Fax:** (833) 983-2851

**Triage Skills:**

(pending)

**Emails:**

**Outreach:** (732) 201-5774

Call Center

[call\\_center\\_newjersey@optum.com](mailto:call_center_newjersey@optum.com)

Newark Triage

[newarktriage@landmark.pure.cloud](mailto:newarktriage@landmark.pure.cloud)

Tom's River Triage

[tomsrivertriage@landmark.pure.cloud](mailto:tomsrivertriage@landmark.pure.cloud)

Local Outreach

[HBMCTom'sRiverNJCHAs@ds.uhc.com](mailto:HBMCTom'sRiverNJCHAs@ds.uhc.com)

**Cheat Sheets:**



[Newark Cheat Sheet.pdf](#)



[Tom's River Cheat Sheet.pdf](#)

## Albany Time Zone (EST)

NY

**Albany Office**  
1205 Troy Schenectady Rd  
Suite 101  
Latham, NY 12110

**Phone:** (518) 348-3176  
**Fax:** (844) 574-2616

**Market Skills:**

(pending)

**LM1 Clinical Line:**

📞 (518) 362-8196

**Emails:**

**Outreach:** (518) 362-8197

**Triage Skills:**

(pending)

Albany Call Center

[call\\_center\\_albany@optum.com](mailto:call_center_albany@optum.com)

Albany Triage

[albanytriage@landmark.pure.cloud](mailto:albanytriage@landmark.pure.cloud)

Local Outreach

[HBMCTom'sRiverNJCHAs@ds.uhc.com](mailto:HBMCTom'sRiverNJCHAs@ds.uhc.com)

**Cheat Sheets:**



[Albany Cheat Sheet.pdf](#)

## Buffalo Time Zone (EST)

NY

### WNY Market

**Office Address:**  
701 Seneca Street  
Suite 646,  
Buffalo, NY 14210

**Phone:** (716) 995-4450

**Fax:** (844) 206-7424

**Market Skills:**

(pending)

**LM1 Clinical Line:**

☎ (716) 427-6282

**Triage Skills:**

(pending)

**Emails:**

Buffalo Call Center

[call\\_center\\_buffalo@optum.com](mailto:call_center_buffalo@optum.com)

Buffalo Triage

[buffalotriage@landmark.pure.cloud](mailto:buffalotriage@landmark.pure.cloud)

Local Outreach

[HBMC-Buffalo-Outreach@ds.uhc.com](mailto:HBMC-Buffalo-Outreach@ds.uhc.com)

**Cheat Sheets:**



[Buffalo Cheat Sheet.pdf](#)

## Central NY / Syracuse

NY

### Syracuse / Rochester

**Central NY Office**  
5015 Campuswood Drive  
Suite 107  
East Syracuse, NY 13057

**Phone:** (315) 204-0397

**FAX:** (844) 206-7424

**Market Skills:**

(pending)

**LM1 Clinical Line:**

☎ Rochester: (315) 204-1461

☎ Syracuse: (315) 204-0461

**Triage Skills:**

(pending)

**Emails:**

Central NY Call Center

[call\\_center\\_centralny@optum.com](mailto:call_center_centralny@optum.com)

Rochester Triage

[rochestertrriage@landmark.pure.cloud](mailto:rochestertrriage@landmark.pure.cloud)

Syracuse Triage

[syracusetriage@landmark.pure.cloud](mailto:syracusetriage@landmark.pure.cloud)

Local Outreach

[HBMC-CNYOutreach@ds.uhc.com](mailto:HBMC-CNYOutreach@ds.uhc.com)

**Cheat Sheets:**



[Central NY Cheat Sheet.pdf](#)

## New York City Metro Time Zone (EST)

NY

### NYC Metro

**NYC Metro Office**  
3000 Marcus Ave.  
Suite 2W15  
New Hyde, NY 11042

**Phone:** (855) 201-4988

**Fax:** (844) 832-6320

**Market Skills:**

(pending)

**LM1 Clinical Line:**

📞 (347) 354-6416

**Triage Skills:**

(pending)

**Emails:**

**Outreach:** (347) 354-3769

NYC Call Center

[call\\_center\\_nyc@optum.com](mailto:call_center_nyc@optum.com)

NYC Triage

[nyctriage@landmark.pure.cloud](mailto:nyctriage@landmark.pure.cloud)

Local Outreach

[HBMC-NYCO outreach@ds.uhc.com](mailto:HBMC-NYCO outreach@ds.uhc.com)

**Cheat Sheets:**



[NYC Cheat Sheet.pdf](#)

## Greater Cincinnati Time Zone (EST)

OH

**Office Address:**  
400 East Business Way  
Cincinnati, OH 45241

**Phone:** (833) 358-2113

**Fax:** (855) 299-2185

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (513) 833-9362

**Triage Skills:**

(pending)

**Emails:**

**Outreach:** (380) 390-3746

Call Center

[call\\_center\\_cincinnati@optum.com](mailto:call_center_cincinnati@optum.com)

Triage

[cincinnati@landmark.pure.cloud](mailto:cincinnati@landmark.pure.cloud)

Local Outreach

**Cheat Sheets:**



[Greater Cincinnati KY Cheat Sheet.pdf](#)



## Greater Cleveland / Columbus Time Zone (EST)

OH

**Cleveland Office:**      **Phone:** (833) 358-2665  
26300 Cedar Rd.      **Fax:** (833) 711-1725  
Ste. 1105  
Beachwood, OH 44122

**Columbus Office:**      **Phone:** (833) 358-2665  
5900 Parkwood Place      **Fax:** (855) 362-0779  
Dublin, OH 43016

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Cleveland: (216) 230-3882

📞 Columbus: (380) 390-3745)

### Triage Skills:

(pending)

**Emails:**      **Outreach:** (380) 390-3746

Call Center      [call\\_center\\_mid-centraloh@optum.com](mailto:call_center_mid-centraloh@optum.com)

Greater Cleveland Triage      [clevelandtriage@landmark.pure.cloud](mailto:clevelandtriage@landmark.pure.cloud)

Columbus Triage      [columbustriage@landmark.pure.cloud](mailto:columbustriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:

 [Greater Cleveland Cheat Sheet.pdf](#)

## Oklahoma City / Tulsa Time Zone (CST)

OK

**Oklahoma City**      **Phone:** (855) 696-1424  
4801 Gaillardia Parkway      **Fax:** (833) 983-2845  
Suite 200  
Oklahoma City, OK 73142

**Tulsa**      **Phone:** (855) 443-4523  
5272 S. Lewis Ave.      **Fax:** (888) 997-6078  
Tulsa, OK 74105

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Oklahoma City: 405-259-7169

📞 Tulsa: (918) 395-8021

### Triage Skills:

(pending)

**Emails:**      **Outreach:** (405) 461-1233

Call Center      [Call\\_Center\\_Oklahoma@optum.com](mailto:Call_Center_Oklahoma@optum.com)

Oklahoma City Triage      [oklahomacitytriage@landmark.pure.cloud](mailto:oklahomacitytriage@landmark.pure.cloud)

Tulsa Triage      [tulsatriage@landmark.pure.cloud](mailto:tulsatriage@landmark.pure.cloud)

Local Outreach      [HBMC-GreatPlainsOutreach@ds.uhc.com](mailto:HBMC-GreatPlainsOutreach@ds.uhc.com)

### Cheat Sheet:

 [Oklahoma City Cheat Sheet.pdf](#)

 [Tulsa Cheat Sheet.pdf](#)

## Greater Northwest Time Zone (PST)

OR / WA

Oregon = Spokane, Washington, and Portland  
Washington = Federal Way, Spokane

### Portland Office

700 NE Multnomah  
Suite #400  
Portland, OR 97232

**Phone:** (888) 509-4116

**Fax:** (844) 276-4208

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Greater OR: (503) 825-0591

📞 Greater WA: (206) 899-1488

### South Willamette Valley Office

1580 Valley River Drive  
Eugene, OR 97401

**Phone:** (888) 509-4116

**Fax:** (844) 276-4208

### Triage Skills:

(pending)

### Federal Way

505 S 336th Street  
Suite 500  
Federal Way, WA 98003

**Phone:** (877) 260-7647

**Fax:** (844) 529-8515

### Spokane

707 W. Main Ave.  
Suite B1  
Spokane, WA 99201

**Phone:** (888) 509-4116

**Fax:** (844) 276-4208

### Emails:

Call Center

Greater Oregon Triage

Greater Washington Triage

Local Outreach

### Outreach:

[call\\_center\\_greaternorthwest@optum.com](mailto:call_center_greaternorthwest@optum.com)

[greateroregontriage@landmark.pure.cloud](mailto:greateroregontriage@landmark.pure.cloud)

[greaterwashingtontriage@landmark.pure.cloud](mailto:greaterwashingtontriage@landmark.pure.cloud)

[HBMCGNWO Outreach@ds.uhc.com](mailto:HBMCGNWO Outreach@ds.uhc.com)

### Cheat Sheets:



[Greater NW Cheat Sheet.pdf](#)

## South Carolina Time Zone (EST)

SC

Charleston, Columbia, Greenville, Myrtle Beach,

### Columbia Office

1901 Main St.  
Suite 1400  
Columbia, SC 29201

**Phone:** (833) 202-5985

**Fax:** (833) 983-2839

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 Columbia: (803) 567-5312

📞 Charleston: (843) 212-7749

📞 Greenville: 864-358-9491

📞 Myrtle Beach: (843) 212-7823

### Charleston

75 Port City Landing  
Suite 110  
Mt. Pleasant, SC 29464

**Phone:** (833) 202-5601

**Fax:** (833) 983-2040

### Triage Skills:

(pending)

### Greenville

(No Address)

**Phone:** (833) 202-5987

**Fax:** (833) 983-2841

### Myrtle Beach

(No Address)

**Phone:** (833) 202-5989

**Fax:** (833) 983-2842

### Emails:

Call Center

Columbia Triage

Charleston Triage

Greenville Triage

Myrtle Beach Triage

Local Outreach

**Outreach:** (984) 227-8916

[call\\_center\\_southcarolina@optum.com](mailto:call_center_southcarolina@optum.com)

[columbiatriage@landmark.pure.cloud](mailto:columbiatriage@landmark.pure.cloud)

[charlestontriage@landmark.pure.cloud](mailto:charlestontriage@landmark.pure.cloud)

[greenvilletriage@landmark.pure.cloud](mailto:greenvilletriage@landmark.pure.cloud)

[myrtlebeachtriage@landmark.pure.cloud](mailto:myrtlebeachtriage@landmark.pure.cloud)

### Cheat Sheets:



[Charleston Cheat Sheet.pdf](#)



[Columbia Cheat Sheet.pdf](#)



[Greenville Cheat Sheet.pdf](#)



[Myrtle Beach Cheat Sheet.pdf](#)

## Chattanooga Time Zone (CST)

TN

**Chattanooga Metro**  
1100 Market Street  
Floor 6  
Chattanooga, TN 37402

**Phone** (423) 212-3266  
**FAX:** (833) 983-2043  
**Outreach:**

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (423) 668-0360  
**Triage Skills:**  
(pending)

### Emails:

Call Center [call\\_center\\_tennessee@optum.com](mailto:call_center_tennessee@optum.com)  
Triage [chattanoogatriage@landmark.pure.cloud](mailto:chattanoogatriage@landmark.pure.cloud)  
Local Outreach [HBMC\\_TN\\_CHA@ds.uhc.com](mailto:HBMC_TN_CHA@ds.uhc.com)

### Cheat Sheets:

 [Chattanooga Cheat Sheet.pdf](#)

## Knoxville Time Zone (CST)

TN

**Knoxville**  
4315 Kingston Pike  
Suite 210  
Knoxville, TN 37919

**Phone:** (865) 229-4623  
**FAX:** (833) 983-2043  
**Outreach:**

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (865) 545-0820  
**Triage Skills:**  
(pending)

### Emails:

Call Center [call\\_center\\_tennessee@optum.com](mailto:call_center_tennessee@optum.com)  
Triage [knoxvilletriage@landmark.pure.cloud](mailto:knoxvilletriage@landmark.pure.cloud)  
Local Outreach [HBMC\\_TN\\_CHA@ds.uhc.com](mailto:HBMC_TN_CHA@ds.uhc.com)

### Cheat Sheets:

 [Knoxville Tri-Cities Cheat Sheet.pdf](#)

## Memphis Time Zone (CST)

TN

**Memphis Metro**  
1840 Pyramid Place  
Memphis, TN 38132

**Phone** (901) 250-1963

**FAX:** (833) 983-2043

**Outreach:**

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (901) 341-5500

**Triage Skills:**

(pending)

### Emails:

Call Center [call\\_center\\_tennessee@optum.com](mailto:call_center_tennessee@optum.com)  
Triage [memphistriage@landmark.pure.cloud](mailto:memphistriage@landmark.pure.cloud)  
Local Outreach [HBMC\\_TN\\_CHA@ds.uhc.com](mailto:HBMC_TN_CHA@ds.uhc.com)

### Cheat Sheets:



[Memphis Cheat Sheet.pdf](#)

## Nashville Time Zone (CST)

TN

**Nashville Office**  
210 Westwood Place  
Suite 110  
Brentwood, TN 37027

**Phone:** (615) 250-1963

**FAX:** (833) 983-2043

**Outreach:** (

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (615) 538-4190

**Triage Skills:**

(pending)

### Emails:

Call Center [call\\_center\\_tennessee@optum.com](mailto:call_center_tennessee@optum.com)  
Triage [nashvilletriage@landmark.pure.cloud](mailto:nashvilletriage@landmark.pure.cloud)  
Local Outreach [HBMC\\_TN\\_CHA@ds.uhc.com](mailto:HBMC_TN_CHA@ds.uhc.com)

### Cheat Sheets:



[Nashville Cheat Sheet.pdf](#)

## Tri-Cities Metro Time Zone (CST)

TN

**Tri-Cities Metro**  
207 N. Boone Street  
Suite 9  
Johnson City, TN 37604

**Phone:** (423) 226-3753  
**FAX:** (833) 983-2043  
**Outreach:** (

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (423) 251-6799  
**Triage Skills:**  
(pending)

### Emails:

Call Center [call\\_center\\_tennessee@optum.com](mailto:call_center_tennessee@optum.com)  
Triage [tricityestriage@landmark.pure.cloud](mailto:tricityestriage@landmark.pure.cloud)  
Local Outreach [HBMC\\_TN\\_CHA@ds.uhc.com](mailto:HBMC_TN_CHA@ds.uhc.com)

### Cheat Sheets:

 [Knoxville Tri-Cities Cheat Sheet.pdf](#)

## Houston Time Zone (CST)

TX

**Houston Office**  
14141 Southwest Freeway  
Sugar Land, TX 77478

**Phone:** (281) 356-0364  
**FAX:** (833) 711-1699  
**Outreach:** (469) 264-5788

**Market Skills:**  
(pending)  
**LM1 Clinical Skills:**  
☎ (281) 612-3727  
**Triage Skills:**  
(pending)

### Emails:

Houston Call Center [Call\\_Center\\_Houston@optum.com](mailto:Call_Center_Houston@optum.com)  
Houston Triage [houstontrriage@landmark.pure.cloud](mailto:houstontrriage@landmark.pure.cloud)  
Local Outreach

### Cheat Sheets:

 [Houston Cheat Sheet.pdf](#)



## North Central Texas Time Zone (CST)

TX

Dallas, Fort Worth, Temple

**Dallas / Fort Worth Office**  
6363 N. State Highway 161  
Suite 100  
Irving, TX 75038

**Phone:** (833) 364-2886  
**FAX:** (888) 262-9948

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 Dallas / Ft. Worth:  
(469) 300-1863

📞 Temple: (254) 203-5241

**Triage Skills:**

(pending)

**Temple Office**  
9325 Tarver Drive  
Suite A102  
Temple, TX 76502

**Phone:** (833) 874-2581  
**FAX:** (888) 262-9948

**Emails:**

**Outreach:** (469) 264-5788

North Central Call Center

[Call\\_Center\\_NorthCentralTexas@optum.com](mailto:Call_Center_NorthCentralTexas@optum.com)

Dallas / Ft. Worth Triage

[dallasftworthtriage@landmark.pure.cloud](mailto:dallasftworthtriage@landmark.pure.cloud)

Temple Triage

[templetriage@landmark.pure.cloud](mailto:templetriage@landmark.pure.cloud)

Local Outreach

[HBMC-DFW\\_TempleOutreach@ds.uhc.com](mailto:HBMC-DFW_TempleOutreach@ds.uhc.com)

**Cheat Sheets:**



[North Central Texas Cheat Sheet.pdf](#)

## San Antonio Time Zone (CST)

TX

South Texas

**Market Office**  
21750 Hardy Oak Blvd  
Suite 15  
San Antonio, TX 78258

**Phone:** (855) 784-1436  
**Fax:** (888) 342-3223  
**Outreach:** (855) 784-1439

**Market Skills:**

(pending)

**LM1 Clinical Skills:**

📞 (726) 207-3217

**Triage Skills:**

(pending)

**Emails:**

San Antonio Call Center

[Call\\_Center\\_SanAntonio@optum.com](mailto:Call_Center_SanAntonio@optum.com)

San Antonio Triage

[sanantoniotriage@landmark.pure.cloud](mailto:sanantoniotriage@landmark.pure.cloud)

Local Outreach

**Cheat Sheets:**



[San Antonio Cheat Sheet.pdf](#)

## Utah Time Zone (MST)

UT

### Market Office

12921 South Vista Station Blvd.  
Suite 200  
Draper, UT 84020

**Phone:** (801) 997-6372

**Fax:** (844) 294-1138

### Medical Records Fax:

(888) 741-9170

**Outreach:** (833) 800-9663

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 (801) 758-7263

### Triage Skills:

(pending)

### Emails:

Call Center [call\\_center\\_utah@optum.com](mailto:call_center_utah@optum.com)

Triage [utahtriage@landmark.pure.cloud](mailto:utahtriage@landmark.pure.cloud)

Local Outreach [HBMC-LHUtahCHA@ds.uhc.com](mailto:HBMC-LHUtahCHA@ds.uhc.com)

### Cheat Sheets:



(Pending)

## Puget Sound Time Zone (PST)

WA

**Puget Sound = Greater Seattle, Tacoma**

### Seattle Office

2150 N 107th Street  
Suite 480  
Seattle, WA 98133

**Phone:** (877) 260-7647

**Fax:** (844) 529-8515

### Market Skills:

(pending)

### LM1 Clinical Skills:

📞 (206) 946-9803

### Triage Skills:

(pending)

### Emails:

**Outreach:** (206) 899-1483

Call Center [call\\_center\\_pugetsound@optum.com](mailto:call_center_pugetsound@optum.com)

Seattle Triage [seattletriage@landmark.pure.cloud](mailto:seattletriage@landmark.pure.cloud)

Local Outreach

### Cheat Sheets:



[Puget Sound Cheat Sheet.pdf](#)