



# Natomas Unified School District Optional Benefits Contact list

## Private Disability Options

### **American Fidelity**

American Fidelity –  
Medical 125 /Dependent Care &  
Disability and Life Plans

Misha Bothe - Account Manager  
[Misha.Bothe@americanfidelity.com](mailto:Misha.Bothe@americanfidelity.com)

800-365-8306 ext 2686

Taylor Tesch – Account Partner  
[taylor.tesch@americanfidelity.com](mailto:taylor.tesch@americanfidelity.com)

800-365-8306  
[americanfidelity.com](http://americanfidelity.com)

### **The Standard**

Disability and Life Plans  
CTA Member benefits  
Memberbenefits .org/thestandard  
1-800-522-0406

[ctaservice@standard.com](mailto:ctaservice@standard.com)

### **AFLAC - Optional Plans**

Disability and Life Plans  
  
Kaitlyn Frades 916-301-3226  
[kaitlynfrades@gmail.com](mailto:kaitlynfrades@gmail.com)

### **TCG Administrators**

Retirement Asset Management Service  
Foundation 99 [foundation99.org](http://foundation99.org)

403(b) and 457 Plans  
1-800-943-9179  
1-888 989-9247 Fax

<https://www.region10rams.org/>  
Please use website to find available  
vendors

### **In-Shape Family Fitness**

Visit inshape.com for more details. Enroll through  
the Enrollment Portal or at your local club.  
Natomas USD gets a 25% discount off recurring  
monthly membership dues.  
For more details, see the flyer on our website

### **Credit Union Deductions**

**You can have money set aside and  
sent to your credit union**

#### **Available options:**

Safe CU, Yolo Fed CU  
Golden One CU, Schools First CU  
**Contact Payroll Department for details**

For more information on what optional  
benefits NUSD provides

Please contact [payrollbenefits@natomasunified.org](mailto:payrollbenefits@natomasunified.org)