

RETIREE BENEFITS

News



Q1 2021

Lumen is pleased to provide this newsletter with information on the company-sponsored plans and benefits currently available. This supplement provides suggestions to access the current benefits best for your situation.

For All Retirees



Tax Day is fast approaching; do you have all the necessary documents?

1099Rs for the Lumen Combined Pension Plan were mailed in January. If you have not received yours or if you need a new one, please visit www.lumenpension.ehr.com and submit a message to request a copy or call the Lumen Pension Service Center at 888-324-0689 between 8 a.m. and 7 p.m. CT, Monday – Friday to speak with a pension specialist.

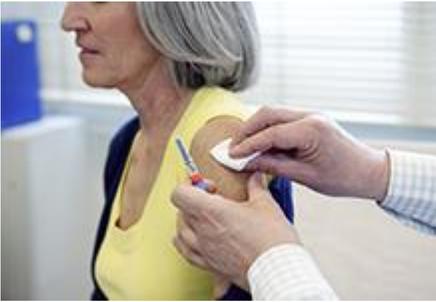
Annual Funding Notice for the Lumen Combined Pension Plan

The Annual Funding Notice will be sent by mail on or before April 30, 2021 as required by the Pension Protection Act of 2006 (“PPA”).

In summary, the Annual Funding Notice:

- Must be provided to you each year and does not require any action on your part.
- Provides information on the funded status of the Plan.
- Provides temporary supplemental information required by federal laws named the Moving Ahead for Progress in the 21st Century Act (“MAP-21”), the Highway and Transportation Funding Act of 2014 (“HATFA”) and the Bipartisan Budget Act of 2015. These laws changed how pension plans calculate their liabilities.
- Provides a summary of rules about the guarantees provided by the Pension Benefit Guaranty Corporation.

If you have any questions about the notice after you receive it, call the Lumen Pension Service Center Monday through Friday, 8 a.m. to 7 p.m. CT at 888-324-0689.



Take action to fight the flu this year

Getting the flu shot this year is more important than ever. While influenza (flu) is a common seasonal illness, it can become a serious disease. To help you stay healthy, Lumen offers [three ways you can get your flu shot](#).



HRA deadlines approaching

Do you have 2019 and 2020 expenses you still need to claim for reimbursement from your health reimbursement account (HRA)? Then you should be aware of these [deadlines and details](#) to submit claims.



A new look and feel for YSA website

Your Spending Account (YSA) website now includes more content to help you understand your Health Reimbursement Account (HRA). [Learn more](#) about it.



Your smile is worth a thousand words, and keeping it healthy is worth even more

When it comes to your health, preventive dental care is smart. With the new year, it's prime time to check up on your healthy habits and make adjustments if needed. Check out [this advice](#) from the American Dental Association and [MetLife's Oral Health Library](#).



Get better sleep

Sleep plays a critical role in our health and wellness. It provides our bodies and minds with rest and a chance to recover and recharge. Proper sleep allows us to conserve energy and helps our brain function by consolidating memory. When your body doesn't have the proper chance to rest, recover, and recharge, it can contribute to higher risk for developing disease.

Here are [some helpful tips](#) to catch the zzz's that your body needs.



How to change your address and beneficiaries after you leave Lumen

It is very important to keep your personal information up to date with Lumen, even after your employment ends. [Follow these instructions](#) to update your address, personal information and beneficiaries for our various benefit programs.

For Pre-91/ERO 92 Retirees Only



Did you enroll in the UnitedHealthcare (UHC) Group Medicare Advantage (PPO) Plan for 2021?

If so, you should know, there are several important communications you will receive throughout the year.

- Your new UHC Member ID card, which you should use beginning Jan. 1, 2021.
- New plan members should have received a Quick Start Guide in December with information about plan programs will be called early in the year so you can ask questions you may have about your new plan.

You can also call UnitedHealthcare, toll-free, at 877-886-7313, TTY 711, 8 a.m. – 8 p.m. local time, Monday – Friday. Advocates are ready to answer your questions, help schedule appointments (like your annual wellness visit) and connect you to programs designed to make it easier for you to manage your health.



Use your Medicare card for free COVID vaccine

COVID-19 vaccinations are being covered free of charge by Original Medicare. When you receive your vaccination please present your Medicare ID (the red, white and blue card) and not your UHC MAPD card. Original Medicare will notify UHC once your vaccination is complete. To find vaccination sites in your area, please visit uhretiree.com, “Find resources about vaccine ability for your area” under the COVID-19 update section at the top of the page.

To stay current with information regarding COVID-19 and other medical, pharmacy or clinical news, make sure UnitedHealthcare has your updated contact information by calling UnitedHealthcare at 877-886-7313, TTY 711, 8 a.m. – 8 p.m. local time, Monday – Friday. Advocates are ready to answer your questions, help schedule appointments (like your annual wellness visit) and connect you to programs designed to make it easier for you to manage your health.

If you have any other questions, call the Lumen Health and Life Service Center at 866-935-5011 TTY 711, 7:30 a.m. - 5:30 p.m., MT, Monday - Friday.