



RETIREE BENEFITS

News



New Bind member? Turn on the power!

Accessing your health benefits has never been simpler.

Register for an online account with your Bind Plan, and unlock many helpful tools including instant coverage answers, more opportunities to save and treatment costs in advance.

Get the most out of your Bind plan and register today! Simply follow these steps:

- Go to [MyBind.com](https://mybind.com) to register your account and set up your profile. You can do the same when downloading your free MyBind app.
- You will be asked to enter a preferred account email and set up a password for the account.
- Enter your last name, birth date, zip code and member ID number.
- Tip: If you do not have your member ID available, you can register using the last four digits of your social.
- Next, follow the two-step verification process.
- you will be asked to select your preferred communication method, text or email to keep you up-to-date on price and program updates and how to get the most out of your health benefits.,.
- After you have successfully created your account, you can explore MyBind. You can access your member ID card, search for prices/coverage ahead of time and so much more!

If at any point, you have questions, feel free to reach out to the Bind Help team at (833)-576-6519.

The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans or their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pe-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description, and prior SMMs or call the claims administrator for the plan or the Service Center directly.