



Mar. 10, 2022

Reminder - Health Reimbursement Account (HRA) Deadline Extension

In March 2021, President Biden signed the American Rescue Plan Act (ARPA), which allows HRA enrollees additional time to file 2020 and 2021 claims that were accrued between Jan. 1, 2020 – Dec. 31, 2021. ARPA has been extended and will allow you until Dec. 31, 2022, to submit claims for 2020 and 2021 claims.

- To submit your claims online, log in to the Health and Life website at lumen.com/healthbenefits and scroll down until you find the piggy bank icon for Consumer Accounts. Select “Request a Payment” and follow instructions.
- To submit your claims through the mobile phone app, go to your phone’s app store and download the MyChoice mobile app and follow instructions to “Request a Payment”.
- To submit your claims manually, download and complete the appropriate claim form below or you can request a paper claim form be mailed to you by reaching out to the Lumen Health and Life Service Center at Businessolver, 833-925-0487, Mon-Fri, 7 a.m. to 7 p.m. (CST).

- [HRA Claim Form](#) - Premiums only
- [HRA Claim Form](#) - Premiums and other expenses

Note: Claims need to be submitted online or manually, no later than Dec. 31, 2022, via the following:

- Email claims@mychoiceaccounts.com
- 855-883-8542 (Fax)
- MyChoice Accounts, MSC 34547
P.O. Box 105168
Atlanta, GA 30348-5168

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.