



Retiree Benefits News



Dependent Reverification Reminder

If you cover a spouse or domestic partner, you must submit the required documentation by June 26, 2025. If the information you submit doesn't meet eligibility requirements or if it isn't received by the deadline, your spouse or domestic partner and stepchild(ren) or children of your domestic partner will be dropped from coverage on July 31, 2025.

If you want to opt-out of this reverification and drop your dependent(s) now, please call the Lumen Health and Life Service Center at the number listed below.

The reverification process applies to retirees who haven't reverified their dependents within the last five years. Retirees needing to reverify would have received a communication via email or mail (depending on their preferred benefit communication method) starting the first week of May.

Questions

- Call the Lumen Health and Life Service Center directly at 833-925-0487, Mon-Fri, 7 a.m. to 7 p.m. (CST) or call 800-729-7526, and select the applicable options.
- Chat with Sofia, your personal benefits assistant, on the Health and Life website. Sofia can answer benefit questions and if needed, forward you to a live advocate during regular business hours.

To end May on a happy note...

Did you know that World Laughter Day is celebrated in May? This is a day for people around the world to chuckle, chortle and guffaw. Sounds like it could be fun and a bit silly, but there is a serious reason behind it. The celebration was started in India in 1998 by Dr. Madan Kataria who wanted to test the idea that laughter is good for your health.

Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter can also make it easier to cope with various situations and it can help connect you with other people.

Fact

When you laugh, your heart rate increases, and you take many deep breaths. This means that more oxygenated blood is circulated through your body – which could improve your vascular function and may help reduce your risk of heart disease.

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 for their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pre-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 any questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description and prior SMM's, or call the claims administrator for the plan or the Service Center directly.