



2026 Annual Enrollment reminders

Annual Enrollment ends on Nov. 19, 2025. Review the What's New section of your Annual Enrollment Guide to learn what's changing and how this impacts you and your eligible dependent(s) for 2026. The guide is available on the [Health and Life website](#) and at lumenbenefits.com.

You can enroll through 11:59 p.m. (CST) on the [Health and Life website](#) and the MyChoice Mobile App. You can also call the Lumen Health and Life Service Center at 833-925-0487 until 6:59 p.m. (CST). You **do not** need to log in or call if you don't want to make any changes.

Medicare eligible participants

- If you are an **Embarq** retiree or dependent, the Medicare Advantage PPO plus Dental (MAPD) plan will no longer be available starting Jan. 1, 2026.
- For all Medicare eligible retirees and Medicare eligible dependents, excluding Pre-1991 and ERO'92 retirees, Lumen dental coverage will no longer be available starting Jan. 1, 2026.

You can contact Via Benefits at 888-825-4252 or a local broker for assistance in enrolling in a medical or dental plan. You can also enroll in a dental plan through MetLife TakeAlong Dental at 844-263-8336 or metlifetakealongdental.com. The referral code is **Lumen**.

As we reach this season of gratitude, we want to extend our warmest wishes to all retirees and their families. For those celebrating Thanksgiving, may your holiday be filled with joy, togetherness, and a harvest of blessings. We hope you enjoy moments of good health, good times, and meaningful connections with loved ones. For those who do not observe Thanksgiving, we equally wish you well-being and happiness, and hope that the coming year brings you many opportunities for peace, fulfillment, and prosperity. No matter how you spend this time, may all the good things in life be yours—today and throughout the year ahead.