



Retiree Benefits News



Happy Holidays!

As the year comes to a close, we want to take a moment to wish all our retirees a joyful holiday season filled with warmth, laughter, and cherished memories. Your dedication and contributions have left a lasting impact, and we hope this season brings you peace and happiness.

Fun holiday fact:

Did you know that the tradition of decorating trees dates back to 16th-century Germany? People used evergreen trees as a symbol of hope and renewal during the winter months—a tradition that continues to brighten homes worldwide today.

Healthy holiday recipe: Holiday spiced apples

Ingredients:

- 2 apples, sliced
- 1 tsp cinnamon
- 1 tsp honey
- A dash of nutmeg

Instructions:

- Place apple slices in a microwave-safe dish.
- Sprinkle with cinnamon and nutmeg, drizzle honey.
- Microwave for 2–3 minutes until tender.

Why it's great: Soft texture, naturally sweet, and festive flavors.

Happy Holidays and have a wonderful new year!

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.