

Retiree Benefits News



Prioritizing your health: Awareness, prevention and living well

As we move into the heart of summer, it's the perfect time to focus on your health and well-being. June brings awareness to several important health topics that disproportionately impact older adults and retirees: **Stroke Awareness Month, Men's Health Month, PTSD Awareness Month, and Musculoskeletal (MSK) Health Awareness**. Together, these campaigns encourage us to stay proactive, informed, and engaged in caring for both our physical and mental health.

Men's health month: Encouraging preventive care

Men are often less likely to seek preventive care—but early detection is key to staying healthy and independent.

Focus areas for men:

- Annual physical exams
- Prostate and colorectal screenings
- Heart health monitoring
- Mental health check-ins

Everyday tips:

- Keep up with routine doctor visits—even if you feel fine
- Stay active with activities you enjoy (golf, walking groups, gardening)
- Maintain strong social connections—health is both physical and emotional

👉 **For spouses and families:** Encouragement and support can make a big difference in helping loved ones prioritize their health.

PTSD awareness: Mental health matters at every age

Post-Traumatic Stress Disorder (PTSD) can affect individuals at any stage of life—including retirees. It may be linked to past military service, life events, caregiving stress, or other experiences.

Signs to watch for:

- Flashbacks or distressing memories
- Difficulty sleeping
- Feelings of anxiety, isolation, or irritability
- Avoidance of certain situations or memories

Support strategies:

- Talk openly with a healthcare provider

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- Connect with peer support groups or counseling services
- Practice stress-reduction techniques (deep breathing, mindfulness, light exercise)

👉 **Remember:** Seeking support is a strength—not a weakness. Help is available, and improvement is possible.

Musculoskeletal (MSK) Health: Staying mobile and independent

Musculoskeletal (MSK) health focuses on bones, muscles, joints, and movement—critical for maintaining independence as we age.

Common concerns:

- Arthritis
- Back pain or joint stiffness
- Reduced mobility or balance

Ways to stay strong:

- Engage in low-impact exercise (stretching, yoga, swimming, walking)
- Maintain a healthy weight to reduce joint strain
- Practice good posture and body mechanics
- Address pain early—don't ignore it

👉 **Small steps matter:** Even 10–15 minutes of daily movement can improve flexibility, strength, and balance.

Bringing it all together: Your summer health checklist

As you enjoy the warmer months, consider these simple ways to take charge of your well-being:

- ✓ Schedule routine checkups and screenings
- ✓ Stay active with outdoor activities
- ✓ Eat balanced, nutritious meals
- ✓ Stay socially connected—community is powerful
- ✓ Prioritize both physical *and* mental health

Final thought

Healthy aging is about more than avoiding illness—it's about **living fully, staying engaged, and feeling your best every day**. By staying informed and proactive during these important health awareness months, you're taking meaningful steps toward a healthier, more vibrant life. Enjoy your summer, stay safe, and keep putting your health first! 🌸