

WELL connected *For Retirees*

A benefits and wellness newsletter for CenturyLink retirees

September 2017

For All Retirees



Free flu shots now available for CenturyLink retirees at Walgreens

Did you know that each year almost 60 million Americans get the flu? You can avoid illness by getting the flu vaccine this fall at no cost to you. Protect yourself and others by taking this [voucher](#) to any Walgreens retail pharmacy, Healthcare Clinic, Duane Reade pharmacy or Duane Reade Walk-In Medical Care location.



Update contact information ahead of Annual Enrollment

Keep your contact information current with the CenturyLink Service Center for Health & Welfare Benefits, Alight Solutions, to be sure you receive all communications and can access your account when needed.

1. Visit www.centurylinkhealthandlife.com and login using your user ID and password. If you do not know your user ID or password, click on the corresponding links to help you with accessing the site.
2. Once you are logged in, go to the upper right side to find "Your Profile" and select "Personal Information" from the menu.
3. Update your email, address, and home and mobile phone numbers on this page. You will receive a notice of confirmation once any changes are saved.
4. Finally, visit the "Manage Communications" page to choose your preferred delivery methods for communications that will be sent in the future.



Name your beneficiary to ensure your 401(k) savings benefit the ones you wish

If something happens to you, what will happen to your retirement savings? If you've named a beneficiary for your 401(k) account, it will pass on according to your wishes in a timely manner. If you don't have a beneficiary on file, your account may not go to your intended recipient, or take longer to settle.

The beneficiary you select will be effective until you make a change. You should periodically check your beneficiary to confirm it still reflects your wishes. You may want to change your beneficiary after certain life events such as marriage, divorce, births or deaths.

To add or update your beneficiary, sign on to your account at www.wellsfargo.com/retirementplan or contact the Wells Fargo Retirement Service Center at 877-379-0118.



Don't take good health for granted

Learn your numbers and get your screenings

Remember the old saying that “an ounce of prevention is worth a pound of cure.” This can be especially true when it comes to preventive health care. And, better health *may* lower your healthcare costs.

Your health is important. Take steps to protect it by getting the preventive care recommended for you.

- Start by scheduling a physical with your doctor, and ask which screenings you're due for such as a mammogram, cervical cancer screening or colorectal cancer screening.
- Ask your doctor about immunizations
- Get a biometric screening. A biometric screening includes your cholesterol, body mass index (BMI), blood sugar and blood pressure – all key measures of your health.

You may think a yearly physical isn't really necessary, especially if you consider yourself to be in good health, but many Americans are often unaware of an underlying health condition that may be less visible without a deeper look. Early detection is key to the prevention and treatment of most diseases.

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your health at risk. Through a preventive exam and other health screenings, your doctor can detect the early warning signs of more serious issues to provide early treatment.



Medication planning for travel

Every new year brings the anticipation of a busy vacation travel season. Of all the items you pack for your travels, bringing any medication you take is vital. It's important to think about your health needs before your trip. This is especially true for travelers taking medication regularly. Planning ahead can help you enjoy your vacation even more.

Things to consider before your trip:

- Make sure to have enough medication on hand for your entire trip.
- Get any medication refills before you leave.
- Airports make exceptions for medically necessary liquids, medications and creams in excess of 3.4 ounces or 100 milliliters in your carry-on baggage. Refer to Transportation Security Administration (TSA) security screening requirements at <https://www.tsa.gov/travel/special-procedures>.
- If you have to pack your medication in your checked luggage, make sure to keep a small amount with you in your carry on, in case your luggage gets lost.
- Bring/pack your member ID card.
- Have the phone number of your doctor or pharmacist with you in

case you have any questions about your medication. You can also call OptumRx® customer service at the number on your member ID card for help.

For Non-Medicare Retirees



Back pain is one of the most common health complaints

Thirty percent of your CenturyLink health plan colleagues are dealing with back pain. Are you among them? Fortunately, your health benefits include access to programs and resources that will give you the care you need at no extra cost to you. [Learn more](#)



Not an emergency? Choose your care wisely

When you have a true emergency, always go to your local emergency room (ER) or call 911. But if it's not a life-threatening emergency, take time to decide where to go for care. Your CenturyLink health plan gives you a variety of care options. Take time to get to know them so you can find the place that's right for you when you need it. [Learn more](#)

For Medicare Retirees



Medicare



What to do when you become Medicare eligible

Coverage under the CenturyLink Retiree and Inactive Health Plan for group medical and prescription drug terminates at the end of the month **prior** to the month of your 65th birth-date (unless it falls on the first of a month). If you are Medicare eligible due to disability, this also applies.

Any delay in notifying CenturyLink that you are Medicare eligible (and in obtaining Medicare Parts A and B) could result in a gap in medical coverage and possible penalties from Medicare. Learn about the [steps you need to take](#).

Note: If you are a Pre-91 or ERO'92 Qwest Retiree, your benefit plan options differ. Look for an article for this group in our next newsletter.

National Medicare Education Week is from Sept. 15 - 21

We encourage you to learn about Medicare and how it impacts you and your dependents. Attend educational events in cities across the country to get answers to common Medicare questions. [Learn more](#)

