

# Prepare for the Year Ahead



Thank you for making Open Enrollment a success! If you enrolled in benefits or made changes to your current elections, those changes will remain in effect for the full plan year, unless you experience a qualified life event during the year.

With 2019 right around the corner, the following are important reminders to help you kick off the new year and achieve well-being in all areas of your life.

## Medical and Prescription Drug ID Cards

- **Blue Cross Blue Shield of Illinois (BCBSIL) and UnitedHealthcare (UHC) Members:** If you enrolled in one of our BCBS or UHC medical plans, you will receive an ID card in the mail by January 1, 2019, even if you are already enrolled in the plan. You will receive a card from BCBSIL or UHC, depending on which plan you are enrolled, and a card from Express Scripts.
- **Kaiser Mid-Atlantic Members:** New participants will receive a card from Kaiser Permanente. If you are already enrolled in a Kaiser medical plan, you may continue to use your current medical ID card.

## Telemedicine

Telemedicine is a convenient and cost-effective way to get quick medical attention by phone, online or on your mobile device for many non-emergency conditions. Depending on your medical plan administrator, you have the following options:

- **MDLIVE (BCBSIL):** Register at [www.MDLIVE.com/bcbsil](http://www.MDLIVE.com/bcbsil), download the MDLIVE app or call 888-676-4204 to access a doctor.
- **Virtual Physician Visits (UHC):** Log on to [www.myuhc.com](http://www.myuhc.com) or call 877-440-0547 to request a visit.
- **Virtual Physician Visits (Kaiser Mid-Atlantic):** Log on to [www.kp.org](http://www.kp.org), download the KP app or call 800-777-7902 (Mid-Atlantic) or 301-468-6000 (DC Metro).

## UnitedHealth Premium® Designation Program

For UHC members searching for a doctor, the UnitedHealth Premium Designation program\* makes it easy to choose quality, cost-efficient providers. To locate a Premium Care Physician, just go to [www.myuhc.com](http://www.myuhc.com), click on Find a Doctor and look for the blue hearts. In the Provider Search feature, the Premium Care Physicians will also appear first in a search, or you can search specifically for a Premium Care provider.

\*Only available to UHC medical plan members.

## Health Savings Accounts (HSAs)

If you are newly enrolled in one of the HSA plans, you will receive an HSA debit card and welcome kit from Empyrean/Benefit Strategies, LLC (BSL) in the mail by January 1, 2019. If you currently have an HSA, you do not need to reopen your account. Contact Benefit Strategies at 844-236-2368 or visit [www.benstrat.com](http://www.benstrat.com) if you have any questions regarding your HSA.

## Flexible Spending Accounts (FSAs)

If you enrolled in an FSA for the first time, you should receive a debit card in the mail from Benefit Strategies by January 1, 2019. If you currently participate in an FSA and re-enrolled in the FSA for 2019, you may continue to use your current debit card until its expiration date.

## 401(k) and Life Beneficiaries

It's a good idea to review your life and 401(k) Savings Plan beneficiaries every year, since your personal circumstances may have changed. You can manage your life insurance beneficiaries by visiting [www.tribpubbenefits.com](http://www.tribpubbenefits.com) or calling 844-548-7662. To update your beneficiaries, investment choices or contributions to your Tribune Publishing 401(k) Savings Plan, visit [www.vanguard.com](http://www.vanguard.com) or call 800-523-1188.

## Benefits Website

For 24/7 access to your coverage information, benefit elections and helpful resources, visit [www.tribpubwellbeing.com](http://www.tribpubwellbeing.com).

## Questions?

Contact the Tribune Publishing Benefits Service Center at 844-548-7662 from 9 a.m. to 7 p.m. CT.

Please note: This communication is intended to provide you with highlights of our benefits program. It is not intended to address all details. Actual benefit coverage is specified in the Plan Documents. In the event of any differences between this communication and the Plan Documents, the Plan Documents will govern. The benefits described in this communication are for non-union employees. Benefits for union represented employees are subject to collective bargaining and may differ from the benefits described in this communication. Premiums for union-represented employees who participate in these plans may also be different.