



myACI ^{///} BENEFITS NEWS

www.myACI-benefits.com

A Periodic Newsletter for Albertsons Associates Eligible for Company Benefits

Keep Your Smile Bright — Schedule a Dental Appointment

This new year, make a resolution to prioritize your oral health. One in three adults did not see a dentist last year. Your oral health is closely tied to your overall health, and the best way to take care of your teeth and gums is to schedule regular cleanings at the dentist. With your Albertsons dental coverage, you pay \$0 for preventive and diagnostic services when you see a PPO dentist.

Don't have a dentist? Follow the steps below to find a dentist near you in the Delta Dental network.

Find a Dentist

1. Visit www.deltadentalid.com/
2. Select **FIND A DENTIST** in the top right corner of the page.
3. Select **Employer-Sponsored**
4. Choose the **Delta Dental PPO** network to find dentists who will be covered at the highest level. You can also see dentists in the **Delta Dental Premier** network or out-of-network dentists, but you'll pay the least when you see **Delta Dental PPO** network dentists.
5. Allow the site to access your current location, or enter your ZIP code, then press **Find dentists** to find a provider near you.



Website: www.deltadentalid.com



Telephone: 800-356-7586

2025 Reset: Annual Deductibles and Out-of-Pocket Maximums

Important reminder: Annual deductibles and out-of-pocket maximums for Albertsons Companies medical plans reset on January 1, 2025. The annual deductibles and annual maximum benefits for the dental plans also reset on January 1, 2025.



Remember to Complete Your Pending Actions in myACI Benefits

Did you enroll dependents for the first time or request optional life insurance or long-term disability coverage during Open Enrollment? If so, make sure you have completed all Pending Actions in myACI Benefits or your coverage may not go into effect.

To see if you have outstanding Pending Actions:

1. Sign in to your account at myACI-albertsons.com.
2. Choose the **Benefits** tile then click on the **Pending Actions** tile.

Pending Actions to submit documentation for newly enrolled dependents must be completed by **January 31** or your dependents will not be covered in 2025. Pending Actions to submit evidence of insurability for new optional life insurance or long-term disability coverage must be completed within 60 days of the email or letter you receive from The Hartford. If you miss the deadline, The Hartford will cancel your coverage for 2025.

Open Your Fidelity Health Savings Account

If you enrolled in the HSA Plan or Kaiser CA HSA Plan for the first time in 2025, you **must** open a health savings account (HSA) with Fidelity to make contributions via paycheck deduction that you can use to pay for eligible health care expenses. **Contributions will not begin until you open your HSA with Fidelity.**



Action Steps

1. Open your Fidelity HSA by logging in to netbenefits.com and following the instructions to register as a new user. Click the **Open tile**.
2. Payroll deductions begin one or two pay periods after you open your HSA with Fidelity. Verify the HSA deduction is correct on your paycheck and that the funds are available in Fidelity. You can start, stop or change your HSA contributions at anytime by signing in to myACI.albertsons.com. Choose the **Benefits tile**, then click on **Report a Life Event or Change HSA Contribution tile**.

Fidelity



Website: www.netbenefits.com

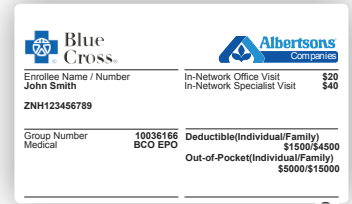


Telephone: **866-956-3433**

Mon-Fri 6 am to 8 pm MT
Sat-Sun, 7 am to 2 pm MT

New ID Cards

If you **changed medical plans or enrolled in a medical plan for the first time during Open Enrollment**, you will receive new ID cards. Otherwise, you can continue to use your current medical plan ID card.



Contact your medical plan provider if you have not yet received a new ID card and believe you should have. For contact information, go to myACI-benefits.com/resources/contacts.

Blue Cross of Idaho



Website: members.bcidaho.com



Telephone: **855-854-1412**

Mon-Fri, 7 am to 7 pm MT
Sat., 8 am to 12 pm MT

MedImpact

If you enrolled in a BCI medical plan for the first time during Open Enrollment, you will receive a separate pharmacy ID card from MedImpact.

MedImpact



Website: www.medimpact.com



Telephone: **888-402-1984**

Mon-Sun, 24 hours every day

Flexible Spending Accounts Reminder

You have until March 31, 2025, to submit FSA reimbursement requests with HealthEquity for expenses incurred on or before December 31, 2024.

For 2025, up to \$640 of unused Healthcare FSA funds can be carried over to 2026.

HealthEquity



Website: healthequity.com/fsa



Telephone: **866-346-5800**

Mon-Sun, 24 hours every day

myStrength Is Now Teladoc Health Mental Health

Same program, same benefits, new experience. myStrength is now part of Teladoc Health, and you can now access all of your Teladoc Health services in one place! The myStrength emotional support experience isn't changing – you'll just access it in a new way using the Teladoc Health website and app under the name Teladoc Health Mental Health.



If you're already a myStrength user, your data, lessons and chats have been securely migrated to your new or existing Teladoc Health account. You should have received an email on January 1 inviting you to access your new account. If you try to access your myStrength account now, you will be guided to activate your Teladoc Health account.

Teladoc Health offers convenient and affordable telemedicine for Blue Cross of Idaho members. Teladoc services include:

Visit type	Description	You Pay*
General Medical	Talk to a doctor 24/7 for non-emergency conditions such as flu, cold, allergies, sore throat and more.	\$20*
Mental Health	Talk to a therapist or psychiatrist of your choice, 7 days a week from anywhere for stress, anxiety, depression, grief and more.	\$20*
Mental Health Digital (formerly myStrength)	Get a personalized plan and activities to help with stress, anxiety, depression or even sleep. You'll get tools to relax in the moment, and online resources to access anytime.	No cost
Dermatology	Upload images and details of a skin issue in the Teladoc app. A dermatologist will review them and provide a treatment plan within 24 hours for acne, psoriasis, rashes, rosacea, eczema, skin infections, moles and skin spots.	\$20*
Nutrition	Talk to a registered dietician for weight management, digestive issues, special diets, food allergies, meal plans and more.	\$20*

* HSA Plan members must meet their deductible before the \$20 copay applies.

Unlike other Teladoc programs, you **do not** need to be enrolled in medical coverage to access Teladoc Health Mental Health Digital (formerly myStrength). If you are eligible for Company benefits and you are currently enrolled in myStrength, your program will not change – you'll just access it through Teladoc.

Want to try Teladoc Health Mental Health Digital for the first time? Go to www.teladochealth.com/strength to get started.

New ComPsych EAP Website Experience

Your ComPsych Employee Assistance Program just got even better! The new and improved website features three easy paths to help you get the support you need, when you need it. Choose between three options:

- **Connect me with an expert or schedule appointments:** Direct access to live care.
- **Guide me:** Get help choosing between live care and other tools.
- **Assess me:** Take a wellbeing assessment to evaluate your needs.

Or, click **Browse all services** to explore everything ComPsych has to offer. Best of all, your registration is still active, so you don't need to do anything to make this change take effect — just sign in and go!

ComPsych Guidance Resources



Website: guidanceresources.com
(use Company Code: **albertsoncompanies**)



Telephone: 877-294-3271
EAP counselors are trained support professionals and are available 24/7.

Join a Q1 Benefits Webinar

Get the most out of your benefits in the new year by joining a benefits webinar!

Upcoming Webinars in Q1 2025

Date/Time	Webinar Topic
January 21 10 am MT	Transcarent Learn how Transcarent Surgery Care connects you to top-rated providers and saves you money on procedures.
February 26 10 am MT	AccessHope Find out how to get confidential, leading-edge cancer expertise at no cost if you or an eligible family member is diagnosed with cancer.
March 18 11 am MT	2nd.MD Get expert medical advice and second opinions for health concerns from some of the country's leading medical providers.

Visit myACI-benefits.com to access the full webinar schedule.

This newsletter is part of the Benefit Program Materials for the 2025 Plan Year. The terms of the Benefit Program Material are incorporated by reference as part of the Plan to the extent set forth in the Plan document. The terms of the Benefit Program Materials do not control to the extent those terms conflict with the terms of any applicable Summary Plan Description, Summary of Material Modifications, Evidence of Coverage or the Plan document. This newsletter is not intended to extend any right to benefits except as provided under the Plan.



Look inside for information
and tips on getting your
2025 myACI Benefits off on
the right foot.

PRESORTED
FIRST-CLASS
US POSTAGE
PAID
ACTION MAIL



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