



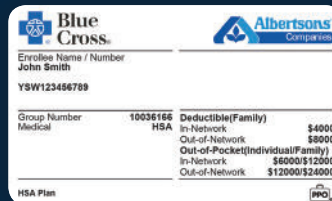
myACI BENEFITS NEWS

www.myACI-benefits.com

A Periodic Newsletter for Albertsons Associates Eligible for Company Benefits

New Blue Cross of Idaho (BCI) Medical ID Cards Coming Soon

If you have medical coverage through BCI, you'll receive a new ID card with a new member ID number in May.



What You Need to Do

1. Watch your mailbox for a letter with your new ID card in May.
2. Starting June 1, use your new ID card whenever you see a health care provider. Be sure to update your member ID number with your providers, too.
3. Destroy your old ID card after June 1.

What You Need to Know

- All claims filed with your old ID number will still be processed as BCI transitions to the new ID numbers.
- If you are registered at members.bcidaho.com or through the BCI app, you don't need to register again. Your digital ID card will be updated on the member portal on June 1.
- You may also see small changes to your explanation of benefits (EOB) statements.

Questions?

If you have questions about your new ID card, please call BCI Member Services at **855-854-1412**, Mon-Fri 7 am to 7 pm MT or Sat 8 am to 12 pm MT.



Download the BCI Member App

With the BCI member app, you can access important plan information at your fingertips. You can also view and send a digital copy of your ID card, find care, view claims, and more. Visit the **Apple App Store** or **Google Play** to get the app.

Save Money on Non-Emergency Surgery

If you're enrolled in a BCI medical plan, Transcarent Surgery Care can help you find top-rated facilities and surgeons and save money on non-emergency surgery. The box at right shows how Transcarent works when your doctor recommends surgery.



What You Need to Do

If you are considering surgery, especially any of the **required use surgeries**, please contact a Transcarent Care Coordinator.

- **Telephone: 888-387-3912** (Mon-Sun, 4 am to 8 pm PT)
- **Email: surgerycare@transcarent.com**

Even if you don't need surgery right now, take the time to activate your Transcarent account, so it'll be ready to go if you need it later.

- **Website: <https://bit.ly/transcarent-aci>**

- **Transcarent app:**
Scan the QR code with your mobile device.



What You Need to Know

As of January 2024, in most cases, **BCI members must use Transcarent for designated knee, hip, shoulder, spine and bariatric surgeries for the surgery to be covered.** If you don't use Transcarent, your medical plan will **not** cover any costs for your surgery.

You **may use Transcarent** for other types of non-emergency surgery. Get access to the country's best surgical facilities and a dedicated Care Coordinator who handles approvals, scheduling, paperwork and more.

For a complete list of required use and optional procedures go to: <https://myaci-benefits.com/health/transcarent/>

Visit the Doctor Virtually

If you're enrolled in a BCI medical plan, you can see a health care provider from the comfort of your home for just a \$20 copay! Teladoc gives you access to general medical, mental health, dermatology and nutrition services.

Three Ways to Start with Teladoc

1. Go to [Teladoc.com](https://www.teladoc.com)
2. Download the mobile app from the **Apple App Store** or **Google Play**
3. Call **800-TELADOC (835-2362)**

If you're enrolled in a Kaiser medical plan, visit <https://my.kp.org/albertsons> to learn about telemedicine options.



Get Expert Guidance with RethinkCare

RethinkCare is a free program that gives you access to expert parenting guidance, including support for developmental challenges like autism or Attention-Deficit/Hyperactivity Disorder (ADHD). With RethinkCare, you can book a one-on-one consultation with a Board-Certified Behavior Analyst or explore an online library of parenting resources anytime.

If you're parenting a child who learns and communicates differently, RethinkCare may be especially helpful to your family. However, RethinkCare has something to offer for **anyone** who's navigating the ups and downs of parenting. This resource is available at no cost to all associates who are eligible for Albertsons benefits.

Register for RethinkCare Now

Visit <https://connect.rethinkcare.com/sponsor/Albertsons> and enter code "ALBERTSONSCOMPANIES" or email support@rethinkcare.com.



Need a Second Opinion? Contact 2nd.MD

BCI medical plan members can access expert medical advice and seek second

opinions from some of the nation's leading medical providers for your health concerns, all at no cost to you.* When you're facing a medical decision, 2nd.MD is here to help you get the correct diagnosis and the most suitable treatment.

Activate your 2nd.MD account and request a consult.

- Website: www.2nd.MD/albertsons
- Telephone: **866-841-2575**
Mon-Fri, 6 am to 6 pm MT



* For cancer diagnoses or concerns, please contact AccessHope at 844-710-1692 or visit <https://members.myaccesshope.org/albertsons/>.

Make the Most of Your Prescription Drug Benefits

Did you know MedImpact has tools to help you manage your prescription medications and save money? With your MedImpact account, you can:



- Track your deductibles, refills, prior authorizations and more
- Use the Savings Calculator to find ways to save on medications
- Browse FAQs about common medications and drug interactions (drugs that should not be taken together)
- Keep track of your medications and set daily reminders with the Medicine Chest feature

To get started, log in to your account at www.medimpact.com or search for the MedImpact app on the App Store or Google Play.



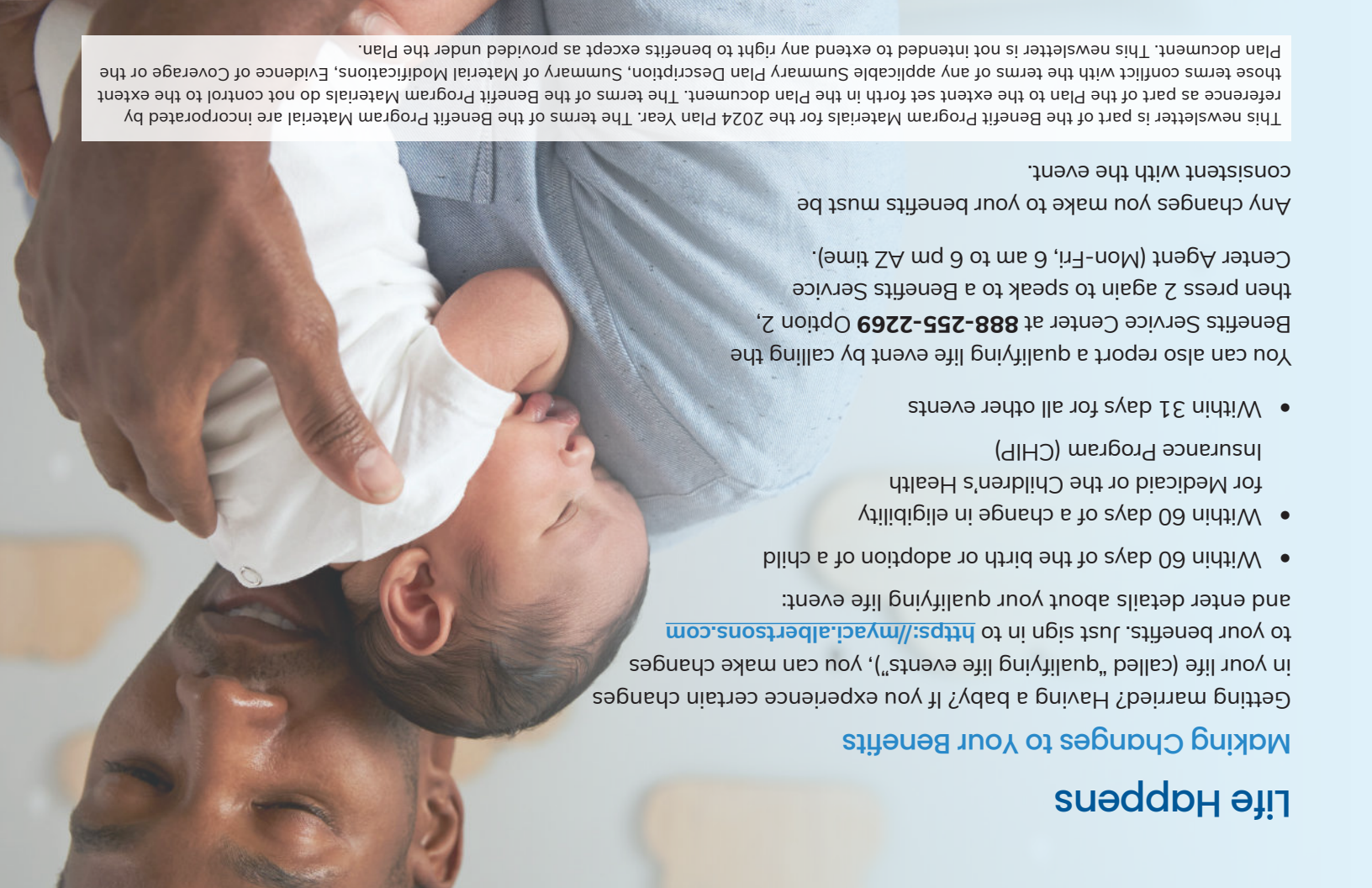
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PRESORTED
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Inside:

- New Medical ID Cards
- Save Money on Non-Emergency Surgery
- Visit the Doctor Virtually
- Get a second opinion

Sign up for text message alerts about your benefits. Text **MYACI** to **855-446-0001**. Message and data rates may apply. You can cancel at any time.



This newsletter is part of the Benefit Program Materials for the 2024 Plan Year. The terms of the Benefit Program Materials 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.

You can also report a qualifying life event by calling the Benefits Service Center at **888-255-2269** Option 2, then press 2 again to speak to a Benefits Service Center Agent (Mon-Fri, 6 am to 6 pm AZ time). Any changes you make to your benefits must be consistent with the event.

- Within 60 days of the birth or adoption of a child
 - Within 60 days of a change in eligibility for Medicaid or the Children's Health Insurance Program (CHIP)
 - Within 31 days for all other events
- and enter details about your qualifying life event: <https://myaci.albertsons.com>
- in your life (called "qualifying life events"), you can make changes to your benefits. Just sign in to <https://myaci.albertsons.com>

Making Changes to Your Benefits

Life Happens