



www.myACI-benefits.com

myACI[!] BENEFITS NEWS

A Periodic Newsletter for Albertsons Associates Eligible for Company Benefits

Parenting Support That Works for You: RethinkCare

Parenting doesn't come with a manual, but with your RethinkCare benefit, you have support every step of the way. Get expert guidance to help you handle everyday challenges and support your child's unique strengths and needs. Available to associates eligible for Company benefit plans and their families, RethinkCare offers simple tools, personalized guidance, and resources you can use anytime, anywhere, at no cost to you.

Whether you're raising young kids, school-age children, or teens, RethinkCare meets you where you are. It's designed for all parents and legal guardians, with no diagnosis needed, but also offers expert support for children with ADHD, autism, and other developmental differences. The program provides a wide range of easy-to-use resources and the option to meet virtually with a Board-Certified Behavior Analyst for real-life strategies that fit your family.

Explore new and expanded content designed for today's families:

- **Teen Content** – Build stronger relationships and support your teen's growth with topics like *Communicate and Connect*, *Tech and Social Media*, and *Building Independence and Responsibility*.
- **Mental Wellbeing Collection** – Help your child develop emotional strength with tools such as *Connecting with Calm*, *Caring for My Emotions*, and *Practicing Resilience*.
- **Mental Health: Parenting Skills** – Strengthen your parenting approach with resources like *Create a Happy Home*, *Resilience in Trying Times*, and *Handle the Hard Stuff With Kids*.

RethinkCare is designed to fit into your life. It's accessible anytime, anywhere, so you can get support when it matters most. Whether you need quick tips for a challenging stage or ongoing guidance, you'll have trusted resources at your fingertips.

Register Today and Be Entered to Win!

Sign up for RethinkCare by **May 31, 2026** and you'll be automatically entered into a raffle for a chance to win a **\$100 gift card to Albertsons Companies stores** or a \$100 donation made in your name to the **We Care fund**. Scan the QR code or visit connect.rethinkcare.com/sponsor/Albertsons to get started.

Take advantage of this valuable benefit and discover how small changes can make a meaningful difference for your family.



May Is Mental Health Awareness Month

Albertsons Companies benefits are designed to support your mental health — in May, and all year round. Whether you need immediate help, ongoing treatment, someone to talk to or self-directed tools, we have you covered.

ComPsych Employee Assistance Program (EAP)

Life can be challenging at times. The EAP is here to help. You and your family members can get up to five confidential counseling sessions by phone or in person per issue per year — for free through the EAP.



The EAP is available to all associates eligible for Company benefit plans and their household members.

In addition to live counseling, the ComPsych EAP website provides three easy paths to help you get the support you need, when you need it.

Get started at www.guidanceresources.com by choosing 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, including articles and videos, work/life referrals, and more.

Get Started with the EAP



EAP Website: guidanceresources.com

Company code: **ALBERTSONSCOMPANIES**



Telephone: 877-294-3271

EAP counselors are trained support professionals and are available 24/7



App: Download the app from the [App Store](#) or [Google Play](#)

Take the Benefits Survey for a Chance to Win!

Albertsons Companies wants to know how satisfied you are with your benefits!

Did you have a great experience using a benefit, or maybe a disappointing one? Is there a particular benefit you wish Albertsons offered? What do you wish was different about your Albertsons Companies benefits? Take the survey by May 1 to let us know your thoughts and you'll be entered to win a gift card. Five winners will receive \$100, 10 winners will receive \$50, and 50 winners will receive \$20.

Scan the QR code or go to bit.ly/aci-2026-benefits-survey to take the survey.



Teladoc Health Mental Health Virtual Care

If you are enrolled in a Blue Cross of Idaho medical plan, you have access to virtual care from Teladoc Health providers — and that includes mental health care. You can talk to a therapist or psychiatrist of your choice 7 days a week from anywhere for stress, anxiety, depression, trauma, grief, burnout and more, all for just \$20 per visit.

Get Started with Teladoc



Website: Teladoc.com



Telephone: 800-835-2362



App: Download the app from the [App Store](#) or [Google Play](#)



Learn More About All Your Mental Health Benefits





Save Money on Care with SmartShopper

SmartShopper[®]

Everything seems expensive these days. Clinics, hospitals and other healthcare providers may charge different amounts for the services they offer. Associates enrolled in the Blue Cross of Idaho HSA, PPO, or EPO medical plans (excluding the EPO High-Performance Network Plan) have access to SmartShopper, a program that helps you shop for care so you can compare the cost of services at different facilities before scheduling the procedure. Plus, you can earn a cash reward!

How it works

- You need to get a routine procedure, test or preventive screening
- Search for care that's eligible for a reward from SmartShopper on the Blue Cross of Idaho member website or by using the SmartShopper Care Concierge Team — they'll even help you make an appointment
- Go to your appointment for your procedure, test or screening
- Get a cash reward in the mail in four to six weeks! Your reward will be in the form of a physical check and the amount is considered taxable income. The amount of the cash reward is based on the affordability of the procedure at the facility you choose and can range from \$25-\$500.

Get started

Call **866-507-3528** to speak with the **SmartShopper Care Concierge Team**; or visit bcidaho.com and do an online search:

- 1 **Log in** to your member account at bcidaho.com
- 2 Select **Find Care**
- 3 Select **Find doctor**
- 4 Select **SmartShopper**



Have questions or need help?

The SmartShopper Care Concierge Team can answer any questions you may have about using this benefit, finding a place for care and understanding cost options. Call the team at 866-507-3528.



Tips for Saving on Healthcare

Looking for other ways to cut down on your healthcare spending? Look into these no- or low-cost benefits from Albertsons:

- Get your **free preventive medical, dental and vision care** each year
- Use **Transcarent** for your next surgery — you pay nothing out of pocket (HSA Plan members pay nothing after meeting the deductible)
- Use **2nd.MD** for expert medical advice, second opinions, and oncology support at no cost to you

And more! Learn more about other no- or low-cost benefits at <https://myaci-benefits.com/benefits-basics/no-cost-benefits/>.

This newsletter is part of the Benefit Program Materials for the 2026 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.

Note: Most no-cost/low-cost benefits are available to associates eligible for Company benefits. However, eligibility for certain no-cost/low-cost benefits is determined by your eligibility group, hire date and hours worked per week.



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.

Inside — Learn About:

- Parenting support from RethinkCare
- Mental health benefits
- Ways to save on healthcare

Plus, take the benefits survey for a chance to win a gift card! Look inside for details.



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