






MyChoice Accounts – Updated online and claim experience

Your Retiree HRA claim submission experience is receiving an upgrade! Check out the [video](#) to see how it will be easier to review, edit, and submit claims—even those recurring claims! You can also attend a webinar by clicking on the applicable link below to register:

Date and Time	Registration Link <i>(note the period between the bit.ly)</i>	OR use the QR Code for registration
<p>Embarq Retirees/SHARE HRA Members</p> <p>Tues., Dec. 6, 2022 10 a.m. - 10:30 a.m. (CST)</p>	<p>bit.ly/Lumen12622</p>	
<p>Qwest Post-1990 Occupational Retirees/LQ OCC HRA Members</p> <p>Wed., Dec. 7, 2022 2:00 p.m. – 2:30 p.m. (CST)</p>	<p>bit.ly/Lumen12722</p>	
<p>Lumen/CenturyLink including Madison River and Qwest Post-1990 Management Retirees/CS HRA Members</p> <p>Tues., Dec. 13, 2022 2:00 p.m. – 2:30 p.m. (CST)</p>	<p>bit.ly/Lumen12122</p>	

The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans or their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pe-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description, and prior SMMs or call the claims administrator for the plan or the Service Center directly.