



About the LCI Benefits During Layoff

What about my medical benefits?



Medical/prescription, dental and vision coverages will all continue as Active coverage through the end of the month of your last day worked

Beginning the 1st of the month after your layoff date:

- COBRA continuation coverage will be triggered

LCI will pay for the 1st month of COBRA coverage for your medical coverage to continue for the entire first month after your layoff date.

- As an example, if your last day worked is in March, LCI will pay your medical insurance through the month of April.
- You will receive a COBRA packet from Wage Works, the LCI COBRA provider, with information on how to:
 - Continue medical after the 1st month, if your layoff time exceeds beyond that period of time
 - Pay for your dental and vision if you would like to continue these benefits during the layoff period
 - Premiums and additional information will be included in the packet you'll be receiving from Wage Works



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What about my prescription benefits?



There will be no changes to your prescription drugs, and no delay in obtaining your refills as long as your coverage remains Active.

Some reminders:

- One-time/short-term prescriptions, such as antibiotics or pain meds:
 - You can fill these prescriptions at any in-network pharmacy, including Walgreens, CVS, Walmart or many of your local in-network pharmacies
 - The requirement for you to get your maintenance drugs in 90-day supplies will still be in place, but remember:
 - You save time with only one refill for every 3-month supply, and
 - You save money with paying only 2-months of the medication cost instead of all 3-months
 - And, for the 3-month supply, you can only fill your maintenance medication through
 - PillPack's mail order service (not currently available in AL), or
 - Your local Walmart or Sam's Club

For more information, log into your Member Portal at: www.cerpassrx.com or www.cerpassrx.com/pillpack



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What about my ID Card?

➤ Your current ID cards will remain active and valid through the COBRA continuation period

- If you need a new ID card, you can get an extra copy by:
 - Downloading the KBA app on your phone (refer to the flyer “About the KBA App!”)
 - Check your member portal at: <https://myezhealthguide.com/>

If you have any questions or need personal assistance, contact your dedicated LCI Benefits Team at:

benefithelp@lci1.com



Coping with Stress & Anxiety

Assistance for team members and their families to help in this stressful time

➤ LCI's Employee Assistance Program

- Available to all LCI team members and your families
 - 24/7 access to speak to a professional who can speak to you directly about your concerns
 - Unlimited phone counseling visits
 - Up to 3 in-person counseling sessions at \$0 copay cost to you!

Note: if you or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others:

- Call 9-1-1, the Substance Abuse Helpline: 1-800-985-5990, or
Text: TalkWithUs to 66746 (TTY 1-800-846-8517)

➤ Things you can do to support yourself

- Take breaks from watching, reading or listening to news stories, including social media
- Take deep breaths, stretch or meditate
- Eat healthy, well-balanced meals
- Exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Try to do some different activities you enjoy
- Connect with others; talk with people you trust about your concerns and how you're feeling

*Refer to the Health & Benefits Resources "**About LCI's Employee Assistance Program**" & "**Coping with COVID**"*



Telehealth Doctor Visits: MD Live

Using MDLive, you can visit with a doctor 24/7/365 from your home, office or on-the-go!

If you are experiencing any symptoms of the flu, or experiencing any other illness – your first stop could be to access virtual medical care, 24/7 through MDLive!

- If you are on the LCI medical plan, you have access to UNLIMITED VIRTUAL VISITS at \$0 copay
- If you are not on the LCI medical plan, visit www.walgreens.com and get access to a virtual care visit at a \$49 copay per visit

Seek treatment at the closest emergency room if your symptoms are severe and include

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

How it works



1. Activate your account

Sign up online or download our app



2. Choose a doctor

Choose from a large network of board-certified doctors and licensed therapists



3. Resolve your issue

Receive care when you need it



Download the app.

Join for free. Visit a doctor.

MDLIVE.com/KBA

888.341.0698