



Valuable Benefits Available to Eligible Associates



Whether you're actively at work or on a leave of absence, you may have access to several valuable programs to help maintain or improve your physical and emotional health. There's also a program that may provide financial assistance to eligible associates.



Transcarent Surgery Care

(available for Blue Cross of Idaho medical plan participants)

With Transcarent Surgery Care, you can save money while receiving high-quality care and concierge support, resulting in fewer complications, better outcomes, and quicker recoveries for many non-emergency surgeries. Transcarent is a "required use" program for certain bariatric and musculoskeletal surgical procedures. You can also use the Transcarent benefits for other covered conditions and services. For a list of "required use" procedures and how to get started with Transcarent, go to <https://myaci-benefits.com/health/transcarent/>.



Teladoc

(available for Blue Cross of Idaho medical plan participants)

Teladoc provides a convenient, affordable option for general medical, mental health, dermatology and nutrition services with access to a Teladoc provider from the comfort of your home using your mobile device, tablet or computer for a \$20 copay per visit. Go to <https://myaci-benefits.com/health/telemedicine> for more information.



AccessHope

(available for associates eligible for Company plans)

AccessHope provides confidential cancer-care navigation services at no cost when you or a family member accesses the benefit. AccessHope connects your local treating oncologist to specialized experts at world-renowned comprehensive cancer centers. See <https://myaci-benefits.com/health/accesshope/> for more information.



2nd.MD

(available for Blue Cross of Idaho medical plan participants)

2nd.MD provides access to a second opinion from expert specialists at no cost for diagnosis, surgery and/or treatment plans. Find out more at <https://myaci-benefits.com/health/2ndmd/>.

ComPsych

Employee Assistance Program (EAP)

(available for associates eligible for Company plans)

The EAP through ComPsych can help you and your family members cope with stress, depression, addiction, and more. Up to three confidential counseling sessions (in person or on the phone) are available to you and your family members per issue per year. ComPsych EAP counselors are available 24/7. Learn more at <https://myaci-benefits.com/work-life/eap/>.

myStrength

myStrength

(available for associates eligible for Company plans)

The myStrength digital program for emotional health is designed to help with life's challenges by supporting positive changes and improving overall well-being. You can get support for anxiety, depression, stress, and more through a range of guided programs and tools available 24/7 on the myStrength website and app. Go to <https://myaci-benefits.com/work-life/mystrength/>.

RethinkCare

RethinkCare

(available for associates eligible for Company plans)

RethinkCare provides resources and support to help you understand, teach, and better communicate with your child, including those with developmental and learning challenges such as autism spectrum disorder, and ADHD. All consultations are confidential and HIPAA compliant. More information about RethinkCare is available at <https://myaci-benefits.com/work-life/rethink/>.

Aflac

Aflac Voluntary Benefits

(available for associates enrolled in Aflac voluntary benefits)

If you are enrolled in Aflac voluntary accident, critical illness or hospital indemnity insurance, contact Aflac at 800-433-3036 to explore any benefits for which you may be eligible.

We Care

We Care

(available for associates experiencing financial hardship)

We Care is available to help associates facing financial hardship. You can apply for assistance for Qualified Relief (including presidentially declared disasters and catastrophic events) or Emergency Personal Hardship Assistance (including personal loss and health care expenses). For details, go to <https://myaci-benefits.com/work-life/wecarefund/>.

