



2026

MAKE THE MOST OF YOUR BENEFITS

We're so excited you've made your benefit choices. Now, it's time to make the most of them! This resource contains the key resources and links to digital tools to help you fully access your benefits in 2026.

MAKING CHANGES DURING THE YEAR

If you experience a "qualifying event" during the year, you can make a change to your benefits. These life events include:

- Marriage, divorce or legal separation
- Birth or adoption of a child
- Loss or gain of other coverage by you or your dependent
- Eligibility for Medicare or Medicaid

**See Benefits Guide for more details.*



KEEP IN MIND

Whether or not you have a qualifying life event, you can always make changes during Open Enrollment every fall.



RESOURCES & CONTACTS

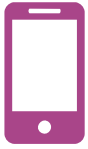


**For benefits support, contact a
Care Advocate at Quantum Health, 866.499.5174**

*The team is available
Monday through Friday from 8:30AM to 10:00PM EST.*

BENEFIT	PROVIDER	CALL	ONLINE
Medical (QHDHP) & Pharmacy Medical (PPO) & Pharmacy	Quantum/ UMR	866.499.5174	LEARNQH.com
Medical (Surest Plan)	UHC Surest	866.683.6440	benefits.surest.com
Lantern	Lantern	877.926.2307	LEARN.SurgeryPlus.com
Dental	CIGNA	866.494.2111	mycigna.com
Vision	EyeMed	866.800.5457	eyemed.com
Flexible Spending Accounts	WEX Health	866.451.3399	benefitslogin.wexhealth.com
Health Savings Account	Optum Bank	866.234.8913	optumbank.com
401(k) Retirement Plan	Fidelity Investments	800.294.4015	401k.com
Student Loan Support	Summer		app.meetsummer.org/onboard/ learnbehavioral
Life/AD&D	Mutual of Omaha	800.775.8805	mutualofomaha.com
Disability	Mutual of Omaha	800.877.5176	mutualofomaha.com
Accident, Hospital Indemnity, and Critical Illness	VOYA Policy# 740501	877.236.7564	presents.voya.com/stageebrc/ LEARNBehavioral
Employee Assistance Program (EAP)	SupportLinc	888.881.LINC (5462)	mysupportlinc.com Group Code: Learn






THERE'S AN APP FOR THAT!

Download the app on your mobile device:



PROVIDER	USE THE APP TO...	DOWNLOAD THE APP
 Medical Plans: PPO 2500 QHDHP 3500 QHDHP 5000	View your digital ID card, find a doctor, pharmacy and urgent care, review your claims, schedule virtual visits and more.	SEARCH FOR "Quantum Health" IN YOUR APP STORE
 Surest Medical	Find a doctor, compare treatment costs and more.	SEARCH FOR "Surest" IN YOUR APP STORE
 Teladoc <small>(applies to all non-Surest Plan)</small>	Get 24/7 access to physicians and behavioral health specialist via video consult for urgent care, behavioral health, preventive health, chronic care and more.	SEARCH FOR "Teladoc Health" IN YOUR APP STORE
 Optum Rx	Register online or download the Optum Rx mobile app to easily manage your prescriptions.	SEARCH FOR "OptumRx" IN YOUR APP STORE
 CIGNA	Find a dentist, view your digital ID card, access your plan details, claims, and more.	SEARCH FOR "myCigna" IN YOUR APP STORE
 EyeMed	View your digital ID card, claims tracking, provider locator, upcoming exam reminders, and more.	SEARCH FOR "EyeMed" IN YOUR APP STORE
 Optum Bank	Track your HSA balance and recent transactions. Fund your account, submit receipts, track payments and reimburse yourself. Search for qualified medical expenses.	SEARCH FOR "Optum Bank" IN YOUR APP STORE
 Fidelity	Keep track of your 401(k) balance and more.	SEARCH FOR "NetBenefits" IN YOUR APP STORE
 SupportLinc	Whether you need help managing a mental health concern, navigating a personal challenge or finding resources for family, legal or financial matters, SupportLinc is just a call or click away.	SEARCH FOR "eConnect® Mobile" IN YOUR APP STORE