



RRD BENEFITS
HEALTH | WEALTH | LIFE

GET THE MOST FROM YOUR RRD BENEFITS.

Use your 2025 RRD benefits
to support your physical,
financial and mental well-being.

*Unless noted otherwise, the following resources
are available to you and your dependents
enrolled in a National Medical Program option:
Copay Advantage, HSA Advantage, HSA Value
from BCBSIL, and BCBS Coupe PPO.*



Manage my money

Pay for care on your terms.

If you're eligible for RRD benefits, you have an interest- and fee-free \$1,200 line of credit from **Paytient**. Use it to pay for a variety of health care expenses, including medical, dental, vision, pharmacy, mental health and even veterinary services. Learn more and get started at paytient.com/rr-donnelley.

Use tax-free dollars to pay for health care.

You can save and pay for eligible health care expenses tax-free when you use a Health Savings Account (HSA) or Health Care Flexible Spending Account (FSA). The type of account you are eligible for depends on the Medical Program option you are enrolled in. Find details about eligibility, contributions, qualified expenses and more at myRRDbenefits.com.

Pay less for prescription drugs.

Prescription drugs can be expensive, but RRD offers two free programs that can help you save money. Get the details about both of these money-saving programs on myRRDbenefits.com.

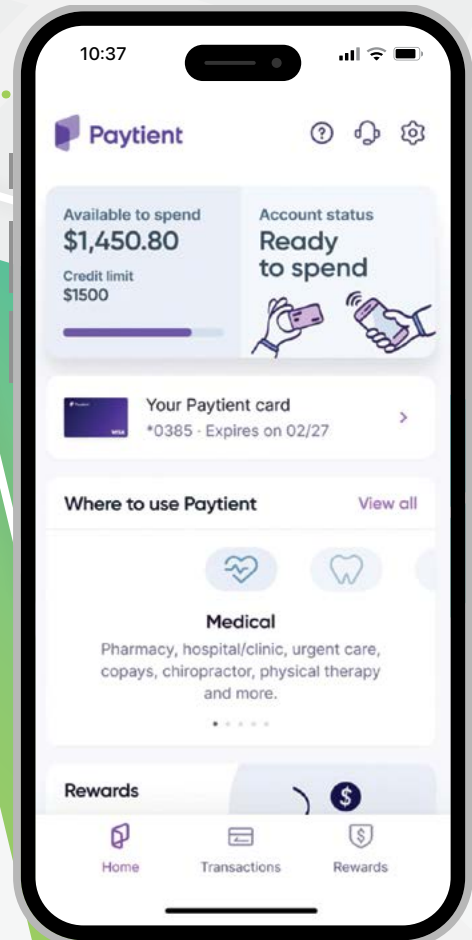
- With **PrudentRx**, you'll pay \$0 for covered specialty medications filled at CVS Specialty Pharmacy.
- **Rx Savings Solutions** is an online tool that might be able to find lower-cost options for the medications you take.

Avoid paying more for surgery.

If you're enrolled in a National Medical option (*excluding BCBS Coupe PPO*), you must use a **Blue Distinction® Specialty Care** facility for these five surgical specialties: bariatric, cardiac, knee and hip replacement, spine and transplant surgeries. You'll receive higher-quality care and pay less in coinsurance. Visit bcbs.com/blue-distinction-center/facility or contact a health advocate at **1-800-537-9765** to learn more and find a facility.

Prioritize your financial well-being.

Get smart about your finances with help from **Fidelity** and **Alliant Credit Union**. Both offer tools and information you can use to take control of debt, save and invest, plan for retirement, and reach your financial goals. Check out Fidelity's live web workshops, "How You Money" videos and podcasts, and online planning tools. And explore Alliant's "Money Mentor Blog," webinars, educational guides and financial calculators. Find additional details and links to Fidelity and Alliant Credit Union under "My Money" on myRRDbenefits.com.



Compare costs and earn cash rewards.

Shop and compare costs for certain health care procedures and services, and you could earn a cash **Member Reward from BCBSIL**. (*Not available to BCBS Coupe PPO members.*) Here's how:

- When a doctor suggests a medical procedure or service, log in to Blue Access for Members at bcbsil.com/rrd.
- Click *Find Care* > *Find a Doctor or Hospital* > *Member Rewards*. Search to compare your choices and select a reward-eligible location.
- Have the procedure or service at your selected reward-eligible location. Once the claim is paid, you'll receive a check in the mail.

Need an MRI or CT scan?

You can avoid paying a \$200 penalty when you contact a health advocate to compare service locations and costs. (The penalty doesn't apply to an MRI or CT scan done in an emergency room.) Call **1-800-537-9765** or go to Blue Access for Members at bcbsil.com/rrd. (*Doesn't apply to BCBS Coupe PPO members.*)

Support my mental well-being

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Access free and confidential support.

Your **Employee Assistance Program (EAP)** from **SupportLinc** is a free resource available to you and your immediate family members. Reach out 24/7 for confidential support, including free counseling; professional referrals; access to licensed counselors; digital support groups; and expert resources for legal, financial, health, dependent care and concierge services. SupportLinc also offers self-guided therapy, interactive toolkits and more. Visit supportlinc.com, call **1-888-881-LINC**, text "SUPPORT" to 51230, or download the mobile app.

Find a mental health provider.

Your mental health is just as important as your physical health. Your medical option includes behavioral health benefits so you and your covered dependents can get care for stress, anxiety, depression, alcohol and drug use, eating disorders, autism and other issues. If your coverage is through BCBSIL, log in to bcbsil.com > *Find Care*. If you are enrolled in BCBS Coupe PPO, visit the Coupe Member Portal at member.coupehealth.com.

Your coverage also includes virtual care from board-certified therapists and psychiatrists through MDLIVE, and free access to confidential online programs with optional coaching support. To learn more, log in to your Blue Access for Members portal at bcbsil.com/rrd > *Wellness* or the Coupe Member Portal at member.coupehealth.com > *Mental Health*.



Care for my health

Prioritize preventive care.

Your annual preventive care visit is covered at 100% with no deductible or co-pay when you see an in-network provider. Regular medical checkups, including age- and gender-based screenings, can help you manage risk factors and detect any health issues early — before they become more difficult and expensive to treat. For help finding an in-network provider, reach out to a BCBSIL health advocate at **1-800-537-9765**. If you're a BCBS Coupe PPO member, contact a Health Valet at **1-800-882-5158** or healthvalet@coupehealth.com.

Get personalized support for your health care journey.

Health Advocacy Solutions is a personalized service included with your RRD National Medical option (*excluding BCBS Coupe PPO*). A health advocate can help you coordinate your health care needs, find providers, schedule appointments, deal with claims issues and more. Learn more at bcsil.com/rrd/health-advocate, call **1-800-537-9765** to talk with a health advocate 24/7, or download the BCBSIL app to chat live.

Feel better with whole-person care for common conditions.

Goodpath helps you address the physical and mental aspects of common health conditions like back pain, digestive issues and sleep problems. Goodpath also provides cancer quality-of-life support (for pain, fatigue, insomnia, brain fog, etc.). Through an easy-to-use app, you get a customized care plan with expert guidance to help you feel better, fast. Get started for free at goodpath.com/enroll/rrd.

Control high blood pressure.

Take control of your high blood pressure with **Hypertension Management by Teladoc Health**. You get a blood pressure monitor and touchscreen meter, personalized reports, expert coaching, and access to a mobile app to view and track your readings. The program is free as part of your RRD National Medical Program option. Call **1-800-835-2362** or visit teladochealth.com/expert-care/condition-management/hypertension to learn more.

Reduce back and joint pain.

Hinge Health offers virtual physical therapy to help reduce chronic back, hip and knee pain, as well as women's pelvic floor disorders. Available at no cost, Hinge Health provides an app, wearable sensors for personalized exercise therapy, and unlimited one-on-one coaching. Get started at hinge.health/rrdonnelley.

Manage or reverse diabetes.

You and your covered family members who have or are at risk of developing diabetes can choose one of two free programs to help you live a healthier life:

- **Twin Health** can help you reverse prediabetes and type 2 diabetes. Twin Health builds your "digital twin" to model your individual metabolism and predict how changes to nutrition, sleep, activity and breathing can reverse your condition. Visit connect.twinhealth.com/rrd to get started.
- **Transform Diabetes Care** from CVS Caremark can help you control your type 1 or type 2 diabetes with personalized support to help you stay on track with your prescribed treatment plan. Call **1-800-348-5238** to learn more.

Find help to lose weight.

You can get help to lose weight and improve your health with two programs available for free as part of your RRD benefits:

- **Twin Health** uses digital technology to understand your metabolic health. Your "digital twin" learns from the data you provide and, with the support of a Twin Health coach, makes recommendations to heal your metabolism. Go to connect.twinhealth.com/rrd to learn more.
- **Wondr Health** is clinically proven to help you lose weight, sleep better and stress less. You'll learn simple skills that lead to long-lasting weight loss and better health. Learn more and get started at wondrhealth.com/rrd.

Navigate cancer.

If you or a covered family member is diagnosed with cancer, **AccessHope** can connect you and your oncologist to renowned cancer expertise to help identify the right treatment for the best possible outcomes. AccessHope partners with National Cancer Institute centers to remotely deliver expertise, providing decision support and peace of mind. To learn more, call the phone number on the back of your BCBSIL card. (Not available to BCBS Coupe PPO members.)

Get care anywhere.

You have 24/7 access to **MDLIVE** for non-emergency medical and behavioral health issues. Virtual visits are a convenient and cost-effective option when you need care for conditions such as flu, allergies, sore throat, infections, stress and anxiety. MDLIVE can even send prescriptions to your local pharmacy. Your cost to use MDLIVE depends on which National Medical option you're enrolled in. Register at **MDLIVE.com/bcbsil** or download the MDLIVE app. If you're a BCBS Coupe PPO member, log in to the Coupe Member Portal at **member.coupehealth.com** > *Online Visits* > *MDLive*.

Manage menopause symptoms.

For help to better understand, anticipate and manage menopause symptoms, check out **Ovia Health**. Ovia offers free educational resources, comprehensive health tracking so you can recognize patterns, and tailored one-on-one support via phone or in-app chats. Get the details at **myrrdbenefits.com/bcbs-health-advocacy-and-support**. *(Not available to BCBS Coupe PPO members.)*

Plus, all of our National Medical Program options, including BCBS Coupe PPO, partner with **Hinge Health**, which offers care for pelvic health disorders common during menopause. Learn more at **hinge.health/rrdonnelley**.

Get Help to Quit Tobacco.

Your **EAP** offers a free tobacco cessation program for you and your family members (spouse/domestic partner and dependent children ages 18–25). When you enroll, a certified tobacco cessation specialist will help you assess where you are in your readiness to quit tobacco and provide ongoing support, information, resources and accountability to help you quit. Help is available even if you're not enrolled in an RRD Medical option. Call **1-888-882-LINC (1-888-882-5462)** or email **coaching@mywellportal.com** to learn more and enroll.

YOUR GUIDE TO CARDIOMETABOLIC HEALTH

Preventing, managing or improving common risk factors related to cardiometabolic conditions (like heart disease, stroke and diabetes) can make a positive difference in your health journey. Learn about programs and resources RRD offers to support you.

YOUR GUIDE TO CANCER CARE

A cancer diagnosis can be frightening and overwhelming. Get practical guidance as you navigate cancer care, including resources available to you and your family, and how to get the best care and make the most of your benefits when it matters most.

YOUR GUIDE TO SLEEP & WELL-BEING

Good sleep is fundamental to your overall health and well-being. Learn about programs and resources available as part of your RRD benefits to help you improve your sleep. You'll also find tips, guidance on when to see a doctor, and more.

YOUR GUIDE TO MENTAL & EMOTIONAL WELL-BEING

Seeking care from a mental health expert can help you deal with challenges and live a happier, healthier life. Find information on overcoming barriers to care, how to take control of your own well-being journey, crisis resources, terms to know, and more.

