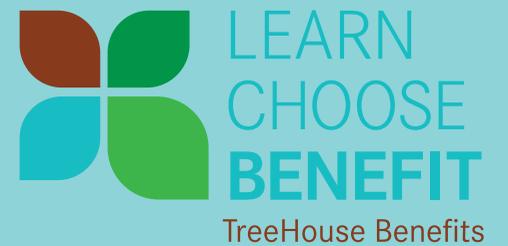
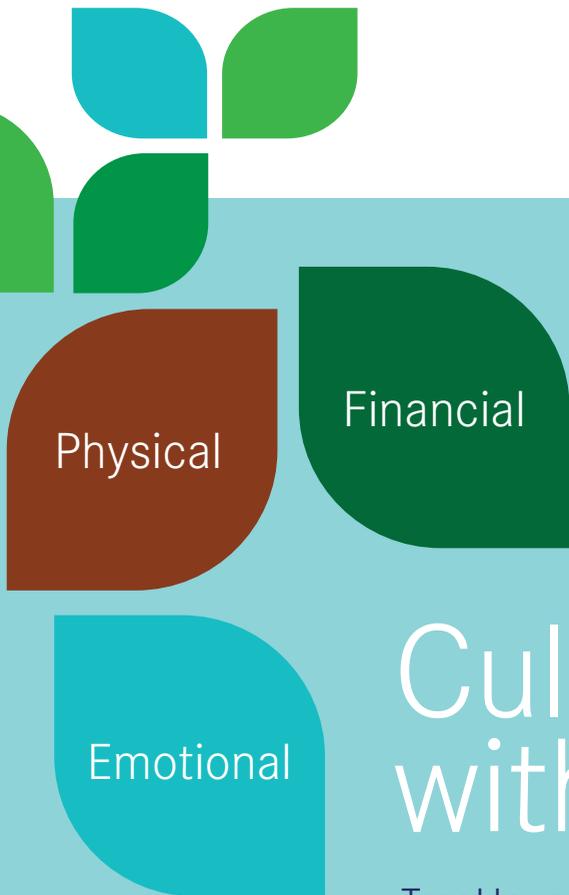




TreeHouse Benefits Department
2021 Spring Road
Oak Brook, IL 60523

3 Tips to Be Well

1. Read this mailer to learn how TreeHouse benefits can help you get and stay well.
2. Schedule your preventive exams for Medical, Dental and Vision.
3. Check your current 401(k) contribution to ensure your retirement savings are on track!



Cultivate Wellbeing with TreeHouse Benefits

TreeHouse Foods understands that being well – physically, financially and emotionally – is a personal journey cultivated over time. That’s why we provide you with the benefits, tools and resources to help you get there.



Open to learn more.

Take Action to Be Well with TreeHouse Benefits

Visit www.learnchoosebenefit.com often for all your benefit needs and to find vendor contact information

» Take Your Health Management Online with Well on Target at www.bcbsil.com

- Take your health assessment
- Update your health tracker – create a food and exercise diary
- Use the interactive symptom checker
- Sign up for personalized text messages or emails and participate in monthly challenges

» Prevention is the Best Medicine!

Preventive care, including **recommended screenings and immunizations**, is free for you and your covered dependents when you use in-network providers.

» Manage Your Meds

Register with CVS/caremark at www.caremark.com, and take advantage of the auto-refill or mail order programs, learn about medication safety, compare costs for alternative medications and much more.

Fight the Flu ...It's Free

This fall, it's easier than ever to get your flu shot — flu shots are available at no cost to you and your covered dependents through your doctor, pharmacy or onsite at many of our TreeHouse locations. *Watch for details.*

» Build a Better Relationship With Food

Coming soon – **Naturally Slim**, the online mindful eating program that will change how you think about food.

Physical Wellbeing

» Save for Future Health Care Expenses

If you're in the Consumer 2250 or 3000 medical plan, take advantage of your **Health Savings Account (HSA)** – a great way to save for qualified medical expenses **tax-free** today and even into retirement. You can start or change your contribution amount any time through Workday. Once you are participating, visit www.optumbank.com to access your personal account and to view educational videos on maximizing your HSA dollars.

» Give Your 401(k) a Check-Up

It's always the right time to save for retirement with the **TreeHouse 401(k) Plan**. TreeHouse will match \$1 for each \$1 you contribute, up to 5% of your eligible earnings up to IRS limits. Visit www.rps.troweprice.com to:

- Review your deferral election
- Make or review your beneficiary designation
- Review your investment elections
- Find out how prepared you are for retirement by taking the “Know your Confidence Number” assessment

» Become a Better Health Care Consumer

- Use the cost estimator tool on www.bcbsil.com to compare the costs for services and procedures at different in-network facilities to make a more informed choice
- Use the “Check drug cost and coverage” feature on www.caremark.com to compare costs of alternative medications

» Protect Yourself and Your Family Financially

TreeHouse provides Basic Life and AD&D Insurance and Short- and Long-term Disability to help protect you financially. This fall during open enrollment, make sure to review all your options to insure you have the coverage levels that are right for you and your family.

» Find the Right Balance in Your Life

The Employee Assistance Program (EAP) at www.metlifeeap.com offers confidential tools and resources for you and your family members available 24 hours a day/7 days a week

- Get help with stress management, marriage / family problems, legal and financial issues, alcohol and drug dependency, identity theft, and more
- Access **up to 5 professional counseling sessions available face-to-face**, online or by phone for you and your immediate family
- Username: MetLife3-5 | Password: guest

» Ask an Expert

Health problems – and the worries that go along with them – can impact your life and your work. With Blue Care Connection Health Advantage Services you'll have a **Personal Health Clinician** to answer questions, find in-network providers, provide counseling before and after an upcoming surgery, and more. Employees who have qualifying claims will be contacted or for questions, call **1-800-635-1928**.

Financial Wellbeing

Emotional Wellbeing

Open Enrollment for benefits will begin October 30th in Workday. Watch for information coming soon on your 2018 benefit options and scheduled enrollment meetings.