

Take Care of You

At TreeHouse, we offer comprehensive benefits to support you and your family in all areas of life. See inside for details on how to take advantage of all TreeHouse has to offer.



Schedule Your Preventive Care Today

Have you been putting off your preventive care? Get back on track and schedule your regular exams today. Preventive care — such as annual physicals and routine cancer screenings — helps keep you healthy by catching potential health problems early, when they're easier and less expensive to treat. Remember, if you are enrolled in a TreeHouse medical plan and use an in-network provider, preventive services are covered at 100%, so you pay nothing.



Don't forget your annual dental and vision exams!

Your annual dental cleaning and exam are covered at 100% by Delta Dental, and VSP covers your annual eye exam for only a \$10 copay.

Find Care and Discounts

Did you know that TreeHouse Foods provides up to 10 subsidized back-up care days per year when your regular care is unavailable? Through **Care@Work**, you receive a **Care.com** membership to help you find care (including back-up care) for children, seniors, pets, your home, and more with no subscription fee. You also have access to the LifeMart Discount Program, which provides access to national and local discounts from brands you know and love. Go to treehousefoods.care.com to learn more and enroll.





Make Your Fitness Program Membership Work for You

If you are enrolled in a TreeHouse medical plan under Blue Cross Blue Shield of Illinois, you and your covered dependents (age 16 and older) have access to the **Well onTarget Fitness Program**. This flexible membership program gives you unlimited access to a nationwide fitness center network, so you can find locations near home, work or while traveling. It's easy to sign up:

- 1.** Go to **bcbsil.com** and log in to Blue Access for Members. (If it's your first time visiting, you will need to register your account.)
- 2.** Under **Quick Links**, choose **Fitness Program**. Read more about the program and search for nearby fitness locations.
- 3.** When you're ready to enroll, click **Enroll Now** and then select the plan option that is best for you. Remember that after you sign up, you can visit any participating fitness location in your plan.
- 4.** Verify your personal information and method of payment, and then print or download your Fitness Program membership ID card. You can also request to receive an ID card by mail.
- 5.** Visit a fitness location today!

Have questions about the program or prefer to sign up by phone? Call 1-888-762-BLUE (2583), Monday through Friday, between 7 a.m. and 7 p.m. CT.



Save on Prescription Drugs

If you are covered under a TreeHouse medical plan, you have access to **Rx Savings Solutions**, which can help you save on prescription drugs, at no cost to you. Activate your free account today at **myrxss.com** in order to:

- Search for the best prices and options for any prescription drug
- Sign up to receive alerts on new ways to save money for the same treatment
- Discover opportunities to save on your current prescription(s)



Get Help with Everyday Issues

With the **LifeWorks Employee Assistance Program**, you and your immediate family have access to the following resources:

- In-person (up to five face-to-face sessions), online and telephonic support for issues like childcare/elder care, and financial and legal services
- Clinical support (by phone) for work and family challenges
- Health and wellbeing counseling
- Online information and resources

Representatives are also available for grief counseling 24 hours a day, 7 days a week.

GET STARTED!

EAP Services:
 1-888-319-7819
metlfeeap.lifeworks.com
 Username: metlfeeap
 Password: eap

Grief Counseling:
 1-888-319-7819
metlifegc.lifeworks.com
 Username: metlifeassist
 Password: support



Find Free Online Mental Health Care

Learn to Live is an online mental health program for those living with stress, depression, substance use, insomnia or social anxiety. If you are enrolled in a TreeHouse medical plan, you and your family members (age 13 or older) can take advantage of this free program. To access Learn to Live, go to **bcbsil.com** and log in to Blue Access for Members. (If it's your first time visiting, you will need to register your account.)



Check Out the New Empower Site and Your HSA Balance

Empower has added new educational resources and reminders to their website to help support your financial wellbeing. In addition, now when you log into Empower, you can access both your 401(k) account and your Health Savings Account (HSA) using the single sign-on feature (even though your HSA remains with Optum). Many HSA communications will be sent via email, so take a minute today to add or verify your email address.

- Log on to **MyTreeHouse401k.com**.
- Select **Your TreeHouse Foods HSA** from the **Account** menu at the top of the screen.
- Then click **Visit Website** next to **Account Details** to be taken to your HSA dashboard.
- From there, you will select **Account Management** from the **Accounts** menu and scroll to **Account Profile**.

Visit the New and Improved LearnChooseBenefit.com Today!

To learn more about all your TreeHouse benefits, visit the new and improved **LearnChooseBenefit.com**, your one-stop shop for important benefits information, decision tools, and more.



Don't Forget! Submit All 2021 FSA Claims by April 30, 2022!

If you participated in a Flexible Spending Account in 2021, you must submit any claims incurred in 2021 by **April 30, 2022**.