



Ben E. Keith Company
601 East 7th Street
Fort Worth, TX 76102



for your BENEFIT

For employees and families of the Ben E. Keith Company October 2025 | Issue 2

Ben E. Keith believes that investing in your health and well-being is one of the most important investments we can make.

By focusing on the diverse healthcare priorities of our employees – enhanced mental health support, financial well-being resources, and family benefits – we are making sure you can get the coverage you need.

We continue to emphasize preventive care by offering tools and resources easily available right from your smartphone.

On January 1, 2026, Ben E. Keith will expand our partnership with Teladoc Health to provide you with access to an incredible network of health professionals for any health need ranging for primary care to dermatology and mental health.

When you use Teladoc Health, you'll no longer have to:

- Search for a primary care provider in your area.
- Go to the ER or an urgent care for non-emergency conditions.
- Wait for an appointment.

This is just one of the additional resources that will help change how you choose and use healthcare in the future. Look for more programs and plans in the coming year that will make a difference to you and your family.

Thank you for your daily commitment to the success of Ben E. Keith.

Warm regards,

Stephanie Ledgerwood
Vice President of Human Resources, Benefits & Retirement



Your family will thank you when you update your beneficiaries

Did you know if you don't have a beneficiary on file, your benefits may not go to the individuals you intend in the event of an unforeseen circumstance? Taking a few minutes to add or update your beneficiaries is simple and can make a meaningful difference for your loved ones in the future. Update your beneficiaries everywhere you have an account.

BEK Credit Union – bekefcu.org Pension – ypr.aon.com/benekeith
401(k) – empowermyretirement.com Life insurance – mylincolnportal.com

Go to bek.family to find
information any time.

Questions? Reach the Benefits Team
at benefits@benekeith.com.

Go to the **Resources** section of bek.family to find past issues of our newsletters any time.



2026 Open Enrollment is October 15th – 31st



Go to bek.family any time

Any time, anywhere, anything care from Teladoc Health

Available on January 1, 2026 to all Ben E. Keith employees and dependents enrolled in a medical plan.

Teladoc Health is helping people like you access high-quality, personalized care - wherever they are, whenever they need it. Teladoc doctors diagnose, treat and prescribe medication. You can:

- Talk to a doctor or a nurse practitioner, 24/7.
- Connect by phone, web or app from anywhere.
- Get medical treatment for a wide range of conditions.

If you need...	Your cost would be...	
	PPO and BCBS Plans	HSA Plan
Primary care	\$0	\$0
24/7 care	\$0	\$0
Mental health care	\$0	\$0
Dermatology	\$50	\$54

Not currently enrolled in a BEK medical plan? You might consider enrolling for 2026 so you can take advantage of everything Teladoc offers.



Condition management

- Pre-diabetes
- Diabetes
- Hypertension
- Weight management

Primary care

- Regular checkups
- Annual Wellness Check
- One-time health needs
- Personalized care
- Prescriptions

Mental health

- Professional providers
- Private, personalized coaching
- Access via phone or video
- 7 days a week

24/7 care

- Non-urgent health needs
- Access via phone or video
- Use from home, work or while traveling
- Prescriptions

Specialty care

- Dermatology
- Nutrition guidance with GLP1 support

Enrollment is easy

- teladochealth.com
- 1-800-TELADOC (1-800-835-2362)
- Teladoc Health mobile app

Use registration code **BENEKEITH**

There is no cost to participate in any of the condition management programs.