



Highlights of 2026 benefits for Southeast Division and KVPC Southeast employees

First, check out the Benefits Guide you received along with this handout. It highlights the benefits choices for all Ben E. Keith employees with two exceptions - your BCBS medical plan and the wellness benefits that are just for Southeast Division and KVPC Southeast employees. Keep reading to learn more.



medical from BlueCross BlueShield of Alabama alabamablue.com or 1-800-292-8868

Get comprehensive medical coverage that includes:

\$0 in-network preventive care

Coverage for children up to age 26

Prescription drug coverage

Visit any in-network provider

Features of the BCBS Medical Plan FYI, you'll pay more for non-network care.

	BEK BCBS Medical Plan
Preventive care	Plan pays 100% for in-network preventive care
Deductible	\$500 individual / \$1,000 family
Coinsurance	0%
Out-of-pocket max	In-network: \$5,000 individual / \$10,000 family
Doctor office visits	\$35 primary care visit / \$50 specialist visit
Emergency room visit	\$200 copay per visit
Urgent care visit	\$35 copay per visit
Non-maintenance prescription drugs	<ul style="list-style-type: none"> • \$15 generic • \$40 preferred brand-name • \$60 non-preferred brand-name
Use mail order for maintenance Rx drugs <i>90-day supply per copay</i>	<ul style="list-style-type: none"> • \$37.50 generic • \$100 preferred brand-name • \$150 non-preferred brand-name
Specialty Rx	\$100
Preferred labs <i>Check with BCBS if you aren't in one of these states</i>	<ul style="list-style-type: none"> • Alabama - LabCorp • Florida - Quest • Georgia - Quest and LabCorp • Mississippi - No exclusive preferred lab network

All enrollees - your medical ID card will arrive in the mail. Go to alabamablue.com or the app to download and print and ID card any time.

Wellness programs for you and your family

Check out these special wellness programs – provided at no cost to you – These programs are available only to those enrolled in the BCBS medical plan except as noted.

At-risk health coaching – This program helps employees with a diagnosis of obesity, hypertension and/or pre-diabetes, prevent or reverse risk factors. Personalized nutrition, exercise plans and ongoing motivational and educational support are provided on a voluntary, confidential basis. Call 1-855-699-6168 to enroll. *Open to all employees and family members.*

Baby Yourself® Maternity Program – Maternity support designed to help assist you throughout your pregnancy and after giving birth. A personal nurse will answer questions during and after pregnancy, plus gifts and educational resources. Go to alabamablue.com/babyyourself or call 1-800-222-4379. *Open to employees and spouses.*

Chronic condition management – Support to help you maintain your best health, as well as managing chronic and complex illnesses. A team of specially trained nurses, dietitians, social workers and other specialists can answer your questions and assist you in making healthy choices. Call 1-888-841-5741 to get started.

Hinge Health Digital Musculoskeletal Clinic™ – Available January 1, 2026, struggling with joint pain? Get access to a personalized exercise program and a dedicated care team to reduce your joint and muscle pain. Go to hingehealth.com to get started.

myBlueWellness – Take charge of your health with access to personalized recommendations, healthy recipes, educational videos and more at alabamablue.com/mybluwellness.

Go to bek.family whenever you need information about your benefits and more.

