



Ben E. Keith Company  
601 East 7<sup>th</sup> Street  
Fort Worth, TX 76102



Here when  
you need us

Health and Welfare — Juan San Miguel  
Financial Health — Chris Moss  
Emotional Health — Celeste Sharpe  
Benefits Analyst — Jennifer Vansau

Contact us any time at [benefits@benekeith.com](mailto:benefits@benekeith.com).



**With a little planning, Christmas can be really special this year.**

Christmas is always merry but it can be even more fun when you open a Christmas Account and save year-round. It's an easy way to plan for the holidays you'd like your family to enjoy this year.

As a Ben E. Keith employee, you and your eligible dependents can join the BEK Credit Union at [bekefcu.org](http://bekefcu.org) or by calling 1-817-759-6300.

Go to [bek.family/contacts](http://bek.family/contacts) any time to find contact information for all our plans and programs.

for your  
**BENEFIT**



For employees and families of the Ben E. Keith Company April 2026 | Issue 4

New from Teladoc<sup>®</sup> Health  
**VirtualCheckup<sup>®</sup>**



**It's easy to check on your health - at home.**

Your VirtualCheckup<sup>®</sup> home kit includes clinical-quality tools and clear instructions so you can complete your checkup easily and confidently at home.

After your results are available, receive guidance from a Nurse Practitioner and discover available BEK-provided support like Teladoc<sup>®</sup> Health.

**"My nurse explained everything clearly and helped me understand what to do next. It even connected me to a program my employer covers!"**

- VirtualCheckup<sup>®</sup> participant



Get started today at  
[VirtualCheckup.com/BEK](http://VirtualCheckup.com/BEK)



## Get a second opinion from an expert specialist

Feel confident about your medical decisions

As part of your Ben E. Keith benefits, you can get an expert second opinion from a leading specialist **at no additional cost to you**. Get connected with experts by video from the comfort of home.



### Our specialists can help you:

- Confirm a new or existing diagnosis.
- Explore treatment plans and medications.
- Understand if a recommended surgery or procedure is right for you.

### Our wide network of expert doctors can help with thousands of conditions, including:

- Muscle, joint and bone
- Cancer
- Heart disease and stroke
- Digestive/GI
- Autoimmune
- Pediatric medicine
- Men's health
- Women's health
- Mental health
- Brain and nervous system
- Ear, nose and throat
- And many, many more

"My experience with 2nd.MD was amazing. They went above and beyond. The highly-qualified doctor I saw was just what I needed. On his recommendation, I changed from seeing my local podiatrist to a local orthopedic surgeon and avoided a potentially risky surgery." - **William Goodwin**, Fort Worth BEK employee

#### How it works

Activate your account and request a consult.

Call 1-866-841-2575 or visit [2nd.MD/activate](https://2nd.MD/activate).



#### Speak with a nurse

Talk to one of our experienced, compassionate nurses to see if a second opinion is right for you. We'll handle the rest, including gathering your medical records, finding the right specialist, and setting up the video consultation.

#### Consult with a leading specialist

Ask questions and get personalized advice about your diagnosis and treatment plan from a specialist in your condition. Video consultations are available when it's convenient for you, including nights and weekends!

## Reliable medication delivery you can trust



With Optum® Home Delivery, you can get a 3-month supply of your long-term medications. Plus, they are mailed to you with free standard shipping.



#### Skip the trips

Enjoy free shipping right to your door.



#### Save money

You may pay less than what you do at in-store pharmacies. And, standard shipping is free.



#### Stay on track

Get more and fill only 4 times per year. You can even sign up for automatic refills.

"I am thankful that Ben E. Keith provides employees with Optum® Rx Home Delivery. It is such a time-saver! I can easily add maintenance medications on the Optum® Rx app and set up home delivery.

Not only does it save me from waiting in line at the pharmacy, but the pricing is better, too."

**Nicole Reilley**

Fort Worth BEK employee

## How it works

### Once I've enrolled in home delivery, how long will it take to get my medication(s)?

Medications should arrive 2-5 business days after the pharmacy receives completed new and refill orders.

**Do I need to set up a home delivery account?** Yes. Before we can ship your first order, you need to set up your UnitedHealthcare account and provide your payment method (credit card, debit card or bank account). Using your account, you can go online or use the app any time to place and track orders, check prices and more.

**What is a long-term medication?** Long-term medications are those you take on a regular basis. They may also be called "maintenance medications." These may be taken for high blood pressure, cholesterol and depression, just to name a few.

**Can I use home delivery for any medication?** Many drugs are available through home delivery. Go online or to the Optum® Rx app to see which of your prescriptions can be filled through home delivery.

## Sign up for home delivery today

Log in to [myuhc.com](https://myuhc.com) or use the **UnitedHealthcare app**. Or, call the number on the back of your ID card.

