



# NRLN PACIFIC AND MOUNTAIN WEST REGION

*Alaska, Hawaii, Oregon, Washington / Idaho, Montana, Utah*



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## **Greetings NRLN Pacific and Mountain West Region Chapters**

### **Latest on Healthcare for pre-1991 Retirees from *U S WEST***

Be Careful!

CenturyLink and UnitedHealthcare are offering a new Group Medicare Advantage (PPO) to pre-1991 and ERO-1992 *U S WEST* retirees. There were emails sent out from Judy Stenberg, NRLN Vice President, Pacific and Mountain West, about the offer earlier. Unfortunately, those who don't have email did not get the information that was sent.

#### **Following is what is known at this point:**

- By the time you receive this newsletter you should have received a letter from CenturyLink and the 2019 Plan Guide. This is a major change for many if they choose to accept the new plan. There have been problems with the mailing sequence. For example, you may have received the 2019 Plan Guide before the letter from CenturyLink. The understanding is there will be more information coming to you soon.
- If you choose to enroll in the new plan you have to CALL the Service Center (800-729-7526 press option 2 and then option 1) BETWEEN Nov. 5<sup>th</sup> and Nov. 16<sup>th</sup>. DO NOT SEND the enrollment that is included in the Plan Book.
- There will be information meetings in a few cities. I highly recommend that you attend these meetings if they are near you. You might want to write down the questions that you want to ask. You can also bring an "advocate" (someone to help you).
- There is a lot of information for you to consider to make the best choice for yourself. You will want to review it carefully. This is a big decision.
- We will have a call on **October 29<sup>th</sup>** (details follow) and we can all share what we know at that time and share opinions about the offer.

Keep in mind under your current plan your benefits are locked in for life.

Post-1990 management retirees and their spouse will continue to receive \$145 each for 2019. Occupational retirees will be informed or have been informed by the company and union what their 2019 payment will be.

### **Congressional District Leaders**

The NRLN has a goal to have a Congressional District Leader for every Congressional District in the country. This is an important goal, because it impresses Congress. Currently we have all positions

(Over)

filled in the Pacific and Mountain West Region except in Washington, Alaska, and Hawaii. We need people in Washington Districts: 2 (Rep. Rick Larsen), 3 (Rep. Jamie Herrera Beutler), 5 (Rep. Kathy McMorris Rodgers), 7 (Rep. Pramila Jayapal) and 8 (Rep. Dave Reichert, retiring). There is very little asked of CDLs. You do need internet access. Please consider helping Judy. If you are willing to help please contact Judy at **425-746-5248** or **VP-NRLN@msn.org**. And a sincere thank you to all of our CDLs in Idaho, Montana, Oregon, and Utah.

### **Capitol Hill Visits**

Judy was on Capitol Hill in mid-September. She discussed the following topics during her appointments:

- > The Grand Bargain Proposal to Save Social Security and Medicare (there is hope for our kids and grandkids)
- > Protect Retirees from Pension Plan Benefit Recoupment (this is when the company notifies you that your pension was calculated incorrectly and you are required to return the over payment immediately with interest and your pension is reduced to the correct amount). This can happen to any retiree.
- > Pension Plan Risks in Mergers, Acquisitions and Spin-offs (Century Link retirees and retirees from predecessor companies could be affected with the Level 3 acquisition)
- > Defined Benefit Pension Plan Mergers (Century Link did this)
- > Proposal for Bankruptcy Law Reform (retirees do not have a seat at the table)
- > NRLN Letter to HHS Secretary to Reduce Prescription Drug Prices

Judy met with staff leaders for Senator Ron Wyden (OR), Senator Michael Crapo (ID), Senator Patty Murray (WA), Senator Maria Cantwell (WA), Senator Jeff Merkley (OR), Congressman Kilili Sablan (I-MP-01), Congresswoman Susan DelBene (WA-01), and Congressman Adam Smith (WA.09).

All of the above topics will be covered in our **October 29<sup>th</sup>** conference call (see below). And we will talk about two NRLN White Papers: Universal Retirement Accounts, and Medicare Advantage Plans.

The conference call will take place after you receive your newsletter. Anyone (relatives, friends, and neighbors can call in). There will be up to the minute information on what is happening in Congress. All CenturyLink information will be the last thing we talk about, so those who don't have a need to know can leave the call.

Date: **October 29, 2018**

Time: 4 pm (Hawaii Time), 6 pm (Alaska Time), 7 pm (Pacific Time), 8 pm (Mountain Time)

Call in: **800-503-2899**

Access No. **7225928#**

### **Call to show NRLN website**

We will have two conference calls to walk people through the NRLN Website. They will be on Monday, **November 12<sup>th</sup>** and Wednesday, **November 21<sup>st</sup>** at 4 pm (Hawaii Time), 6 pm (Alaska Time), 7 pm (Pacific Time), 8 pm (Mountain Time). Call in number: **800-503-2899 / access code: 7225928#**. You will need to be at your computer logged onto NRLN.org and you will need to be on the phone. Anyone can participate on this call.

**We are all in this together or we are not in it at all!**