

Your Cardinal Health benefits

Our benefits are here to help you — the **WHOLE** you. To Cardinal Health, that means stretching the boundaries of what you might normally think of as health. It's about really living well and focusing on all the parts that make up your well-being — mental, physical and financial.

Here are the highlights of what you need to know to choose your benefits. For more details, go to **digital.alight.com/cardinalhealth**



To do list

31

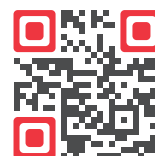
- ✓ **Visit the Benefits website at digital.alight.com/cardinalhealth** for enrollment resources.
- ✓ **Understand your plan options.** Cardinal Health offers multiple health plans, including a Co-pay Plan, an In-network Only Plan and the \$1,500 Deductible and \$3,000 Deductible Plans which feature a health savings account (HSA). These plans are powered by the UnitedHealthcare® network. Based on where you live, a Kaiser Permanente plan option may also be available to you.
- ✓ **Go to the Benefits Center website (see “How to enroll” on the right) and enroll within 31 days from your hire date.**
- ✓ **Earn up to a \$600 discount off your medical premiums.** Take the household tobacco-free pledge (including vaping and e-cigarette products) or complete a tobacco cessation alternative program to receive a discount off your 2023 medical premiums (prorated based on your hire date). To learn more about tobacco cessation options, including the Quit For Life® program, visit myquitforlife.com/cardinalhealth or call the Benefits Center at **866.866.8525**.
- ✓ **Contribute to an HSA.** If you enroll in an HSA plan, the online enrollment experience will help you decide how much pre-tax money to contribute to your HSA.
- ✓ **Consider contributing to other pre-tax savings opportunities.**
 - **Consider contributing to the healthcare and/or dependent care flexible spending accounts (FSAs)*** See the 2023 Benefits Guide to learn more.
 - **Save on your commute.** Use pre-tax dollars to buy transit passes and commuter products for you — and for your family too! Place your order at optumbank.com.
- ✓ **Meet your retirement goals.** The Cardinal Health 401(k) Savings Plan is a great way to help you save for retirement and includes a Cardinal Health match. You're eligible on your first day of employment and can enroll at any time. There are two easy ways to enroll in your 401(k): either text **ENROLL to 78259** for a link to enroll, or go to principal.com.

*If you contribute to a healthcare FSA while in one of the HSA plans, how you use this money will be limited.

How to enroll

The Benefits Center website is the tool you will use to enroll in your benefits.*

- **If you're signed on to a computer on the Cardinal Health network,** go to **myHR** (cardinal.service-now.com/myhr) and click on **Benefits**.
- **If you're on a mobile device or not signed on to a computer on the Cardinal Health network,** log on to the Benefits Center website directly at digital.alight.com/cardinalhealth. **Note:** When accessing the Benefits Center website directly, you will need to log on. Select **Are you a new user?** and create a user name and password.
- **You can also download the Alight Mobile app at the App Store, Google Play or by scanning this QR code with your phone.**



If you have questions, call the Benefits Center for help at **866.866.8525**.

*Puede elegir ver la información de sus beneficios en español. Inicie sesión en myHR, busque la sección **Spanish Resources** (Recursos en español), y después haga clic en **Mis beneficios de salud y financieros**.

A benefit of



Living well pays

Cardinal Health offers employees and covered spouses/domestic partners the opportunity to earn a discount off medical premiums.

2023 LivingWell Premium Credit

You'll automatically receive the 2023 LivingWell Premium Credit (prorated based on your hire date), which translates into **money off your 2023 medical premiums.**

2024 LivingWell Premium Credit

To earn the LivingWell Premium Credit for 2024, all you need to do is **complete a checkup* with your healthcare provider between January 1 and December 1, 2023.**

This checkup can include:**



An annual exam



A behavioral health exam



A preventive health office visit



A well-woman/well-man visit

Your preventive exam is covered at 100 percent, and you'll save money in 2024, so there's nothing to lose and savings to gain. That's a win-win.

*If you are hired after September 1, 2023, you will automatically receive the 2024 LivingWell Premium Credit — which translates into \$300 off your 2024 medical premiums. While completing the steps above is still encouraged, the LivingWell Premium Credit is the maximum credit you will receive for 2024.

**Under certain circumstances, Cardinal Health may be able to work with your personal physician to develop a different way for you to earn the LivingWell Premium Credit.



Help is here

You have access to a number of resources to help reduce symptoms of stress, anxiety and depression. Visit **digital.alight.com/cardinalhealth** for a complete list of tools and resources on the MINDMATTERS page.

If you or someone you love needs immediate help, text the Suicide and Crisis Lifeline at 988. The 988 Lifeline provides 24/7, free and confidential support for people in distress as well as prevention and crisis resources.



Need help finding a provider?

Let us do the legwork for you. Simply call the number on the back of your health plan ID card to find a doctor near you.



Confidential Mental Health Support

The Employee Assistance Program (EAP) is there for you and your family at 877.434.3910 or visit liveandworkwell.com (access code: cardinal)

How to earn \$1,350 in 2024!



Take the tobacco-free pledge during annual enrollment.

earn \$600



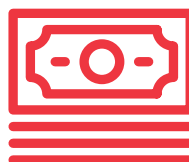
Complete your LivingWell Premium Credit.

earn \$450



Spouse/domestic partner completes their LivingWell Premium Credit.

earn \$300



Take advantage of big savings on your medical premiums!

\$1,350 total

A benefits expert is here to help!



In-network Only, \$1,500 Deductible and \$3,000 Deductible medical plan options —

UnitedHealthcare: 866.247.8292

Co-pay Plan —

Surest: 866.683.6440

Regional HSA and HMO medical plan options —

Kaiser Permanente: 800.324.9208