

Qwest Pension Plan Reminder

This is a reminder that effective with February 1, 2011 payments, Qwest will no longer automatically mail monthly pension payment advices for retirees receiving their pension via direct deposit. The January 1, 2011 payment advice will be the only advice you will receive in 2011, unless your net payment amount changes.

You may view your payment information online at any time on the retiree pension website at <https://qwest.mypenpay.com>. You will need your Personal Identification Number (PIN) to log in and access your pension information. If you wish to continue to receive a monthly payment advice, you may access the website and follow the directions to make this election. You may also contact the Qwest Retiree Service Center at 1 800 729-7526, option 2, option 3 and request that your advice be mailed to you.

The website at <https://qwest.mypenpay.com> provides convenient access to all your pension information. Through the website you may:

- View and update your primary and alternate address information
- View and update your federal and state tax withholding elections
- Change your payment from check to direct deposit
- View and update your bank information (for payments sent via direct deposit)
- View and print copies of your most recent 1099R or W-2 tax forms
- View up to 18 months of your payment history
- View copies of your paid checks
- Request a check to be stopped and reissued (if outstanding longer than 7 days)
- Choose to have your payment advice mailed each month

IMPORTANT INFORMATION: If you change your address for your pension payment, you must also change your address for health and life benefits (if any) at www.qwesthealthandlife.com or at 1 800 729-7526, option 2, option 1.

If you have any questions regarding your pension, please contact the Qwest Retiree Service Center at 1 800 729-7526, option 2, option 3, Monday through Friday, 7:00 a.m. – 4:00 p.m. Mountain Time.