



## Consent to Receive Electronic Notices

Dear Plan Participant:

As a plan participant, you are entitled to a comprehensive description of your rights and obligations under the Amy's Kitchen Employee Insurance Benefits Program. In order to conserve resources and make the required information as accessible as possible, we post this information to our employee benefits web site at ([benefits.filice.com/amys](http://benefits.filice.com/amys)). This site is available to you and your dependents at any time. In order to ensure that you fully understand the benefits available to you and your obligations as a plan participant, it is imperative that you familiarize yourself with the information contained on this site, including the Summary Plan Description.

If you would like to receive a paper copy of the Plan Documents and Required Notices listed below (496 pages total) or any of the other relevant documents posted on our employee benefits web site, you may email [benefitsfromamys@amys.com](mailto:benefitsfromamys@amys.com) or call 707-781-7697 and the requested documents will be provided to you free of charge.

Sincerely,  
Amy's Human Resource Team

I understand that:

1. The following documents and/or notices related to the Amy's Kitchen Employee Benefits Program and Amy's Family Health Centers may be provided to me electronically:
 

- Summary Plan Descriptions (435 pages)	- Special Enrollment Notice (1 page)
- Women's Health and Cancer Right Acts (WHCRA) (1 page)	- HIPAA Notices (4 pages)
- Evidence/Certificates of Coverage (21 pages)	- Health Exchange Model Notice (2 pages)
- Medicare Part D Creditable Coverage Notice (2 pages)	- COBRA Notices (4 pages)
- Summary of Benefits and Coverage (20 pages)	- Children's Health Insurance Program (3 pages)
- Summary Plan Description Wrap Document (10 pages)	- Summary Annual Report (1 page)
- Notice for Employer-Sponsored Wellness Programs (2 pages)	
2. I may provide notice of a revised email address or revoke my consent at any time without charge by sending an email to [benefitsfromamys@amys.com](mailto:benefitsfromamys@amys.com) or calling 707-781-7697.
3. I am entitled to request and obtain a paper copy of any electronically furnished document free of charge by contacting [benefitsfromamys@amys.com](mailto:benefitsfromamys@amys.com) or calling 707-781-7697.
4. In order to access information provided electronically, I must have
  - A computer with Internet access,
  - An email account that allows me to send and receive emails
  - Microsoft Word 2000 (or higher) or Adobe Acrobat Reader 6.0 (or higher).

**My signature below indicates the following:**

***I hereby agree to electronic delivery of notices provided to me, instead of paper copies***

*Please provide a valid email address:* \_\_\_\_\_

***I do not agree to the electronic delivery of notices to me. I'd prefer to receive paper documents.***

Employee Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to your local HR Team or address below:

Amy's Kitchen | Attn: Benefits Manager  
1650 Corporate Circle, Suite 200, Petaluma, CA 94954  
[Benefitsfromamys@amys.com](mailto:Benefitsfromamys@amys.com)