



# Accessing GuidanceResources®

GuidanceResources® is now at your fingertips as a single sign-on option in the ARBenefits Member Portal.

Covered employees and covered spouses can access GuidanceResources® programs by logging into their ARBenefits Member Portal Account at [www.ARBenefits.org](http://www.ARBenefits.org).

Members will no longer be able to register, or log into their accounts at [www.GuidanceResources.com](http://www.GuidanceResources.com), and must go through the ARBenefits Member Portal.

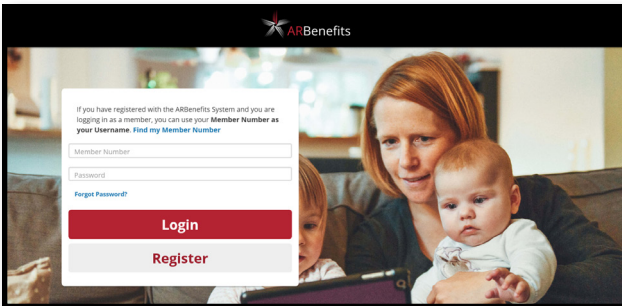
Covered employees, and covered spouses can use the GuidanceResources® link in the ARBenefits Member Portal to access programs such as:

- Online Health Assessment
- Online Tobacco Cessation Program
- Online/Telephonic Health Coaching
- And More!

## Need assistance logging into ARBenefits?

Member Services: 1-877-815-1017 x1

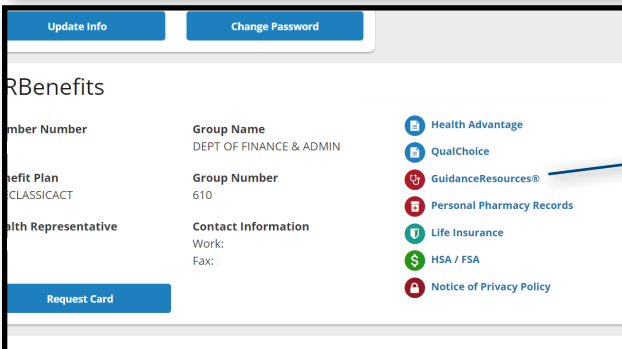
E-mail: [AskEBD@dfa.arkansas.gov](mailto:AskEBD@dfa.arkansas.gov)



1

Log into [www.ARBenefits.org](http://www.ARBenefits.org).

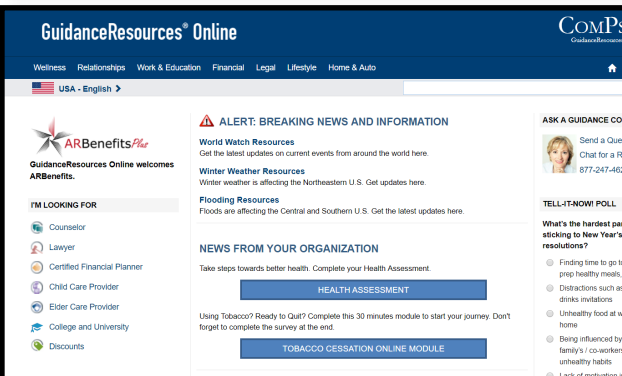
Covered employees and covered spouses must log into their own ARBenefits account.



2



Scroll down in the Home tab to the ARbenefits box, and click the link for GuidanceResources®.



3

After clicking the link, you are automatically logged into your GuidanceResources® account.