

ARBenefits News Monthly

Colon Cancer At-A-Glance*

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Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

New ARBenefits Member Portal

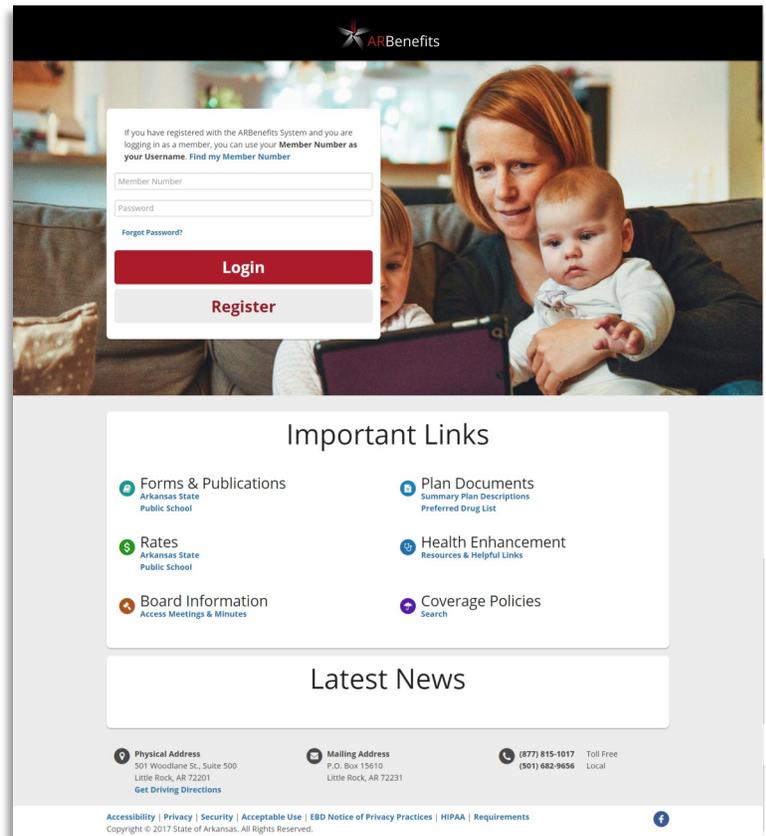


A redesign of the ARBenefits member portal is scheduled to go live on Monday, April 3.

In addition to a refreshed look, the portal also adds new features for members.

Added features include:

- * Members being able to upload any necessary supporting documents throughout the year. In addition, members will also be able to access certain documents that EBD mails to them.
- * A new Alert messaging system that allows EBD to send communications to the member population as a whole, or to specific members.
- * Links to your personal health record, pharmacy records, HSA/FSA account and your life insurance policy information.
- * Access to plan documents and forms that are posted on the www.ARBenefits.org website.
- * The ability for active employees to check if they have met the requirements for the ARBenefitsWell discount.



EBD will be distributing a guide that can aid you in getting used to navigating the new portal.

You can also access the portal by using the URL of <https://my.arbenefits.org>.

You can access the portal two different ways. You can continue to click the login button on the ARBenefits.org homepage.

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Colorectal Cancer Awareness Month

The month of March is colorectal cancer awareness month.

Colorectal cancer (commonly known as colon cancer) remains the third leading cause of cancer-related deaths in the United States among men and women. It is estimated that 135,430 people will be diagnosed with colorectal cancer and 50,260 people will die from it in 2017. As of January 1, 2016, there were almost 1.5 million colon cancer survivors in the US.

Colorectal cancer does not just occur in men. Each year in the US, about 71,000 men and 64,000 women are diagnosed with colorectal cancer.

Routine testing starting at age 50 can actually prevent many cases of colorectal cancer, or find it at an early stage. Colorectal cancer is often highly treatable. If it's found and treated early (while it's small and before it has spread), the 5-year relative survival rate is about 90%.

However, because many people are not getting tested the way they should, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

If you have a family history of colon cancer or polyps, you may need to get tested earlier than age 50. You can talk with your doctor about your family history.

While there is no sure way to prevent cancer, in addition to routine testing, there are other steps you can take to lower your risk.

The list to the right shows steps you can take that can help lower the risk of colon cancer.

Resources:

American Cancer Society
www.cancer.org

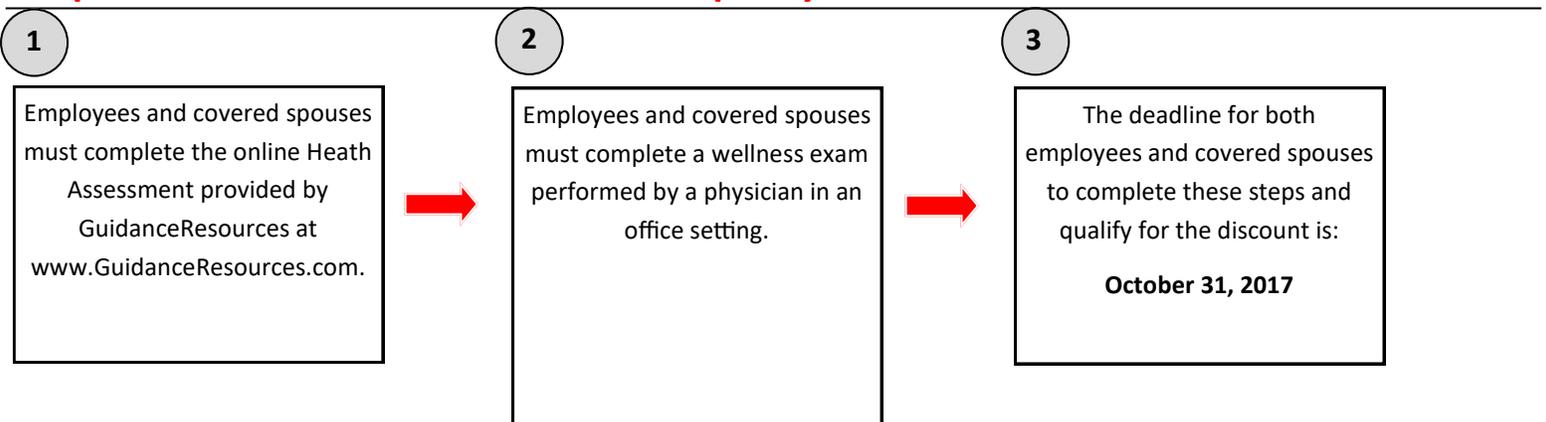
Other ways you can help lower your chances of developing colorectal cancer include:

- * Getting to and maintaining a healthy weight throughout life
- * Being physically active
- * Eat at least 2.5 cups of fruits and vegetables per day
- * Choose whole grains over refined grain products
- * Limit the amount of red meat and processed meat you eat
- * If you drink alcohol, limit the amount you drink to one per day for women, and two per day for men
- * Do not use tobacco in any form

Wellness Discount Reminder

As a reminder for active employees, the requirements to earn the wellness discount for the 2018 plan-year need to be completed by **October 31, 2017**. The steps to earn the discount are listed below. For more information on completing the requirements, you can visit www.ARBenefits.org.

Steps to the wellness discount for 2018 plan year



ARBenefits complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Call 1-877-815-1017x1.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-815-1017x1