

# ARBenefits News Monthly

Issue 38  
May 2017



## Sun Safety Awareness Month



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To access links included in this E-Newsletter, click the link at the top of the email you received and open the online version.

The EBD office will be closed on

**Monday, May 29, 2017**

In observance of Memorial Day



The American Cancer Society marks the month of May as Skin Cancer Awareness month in an effort to promote sun safety.

When we think of healthy lifestyle choices, we often overlook the importance of protecting our skin, our body's largest organ. Skin cancer (including melanoma and non-melanoma skin cancer) is the most common of all cancers.

About 5.4 million basal and squamous cell skin cancers are diagnosed each year. (These are found in about 3.3 million Americans; some people have more than one). While less common,

Melanoma, the most deadly type of skin cancer, will account for about 87,110 cases of skin cancer in 2017.

Many skin cancers could be prevented if people protected their skin from the sun's rays and avoided indoor tanning.

Risk factors for skin cancer include:

- \* Too much exposure to ultraviolet (UV) radiation (from sunlight or tanning beds and lamps)
- \* Pale skin (easily sunburned, doesn't tan much or at all, natural red or blond hair)

\* Exposure to large amounts of coal tar, paraffin, arsenic compounds, or certain types of oil

\* You or members of your family have had skin cancers

\* Multiple or unusual moles

\* Severe sunburns in the past

\* Weakened immune system

\* Older age (although melanomas are also found in younger people)

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## Join us for Retiree Day!

Wednesday, June 14, 2017, EBD is hosting a Retiree Benefit Fair. The event is open to current retirees and/or anyone considering retiring.

There will be staff available from EBD as well as approved vendors to share information about available options or just to answer any questions for our members. The

event is designed as a drop in session where you can come and ask questions and leave when your questions are answered.

Retiree Day will run from 10:00 a.m. until 1:00 p.m. on the 14th, and will take place in the Tiki Room, located on the ground floor of the building that houses EBD's office.

Registration is not required and there will be signage guiding you to the correct room.

EBD's physical address:

Employee Benefits Division  
501 Woodlane  
Little Rock, AR 72201

## Sun Safety continued from page 1

While we associate sun safety and skin cancer with the summer time, it is important to be vigilant year-round. Being safe in the sun is important for both adults and children, and it's never too late to reduce your chances of developing skin cancer. For more information on how the American Cancer Society can help you, your family, and your co-workers protect yourselves from skin cancer, visit [www.cancer.org/sunsafety](http://www.cancer.org/sunsafety).

### Resources:

American Cancer Society

[www.cancer.org](http://www.cancer.org)

### Protect Yourself in the Sun

- \* Don't forget the sunscreen
  - ◆ Broad Spectrum – protects against both UVA and UVB rays
  - ◆ SPF 30...at least! SPF 30 blocks 97% of UVB rays
  - ◆ Expiration Date – Sunscreen lasts two to three years, so check the date
  - ◆ Reapply at least every two hours. Apply more often if you're in and out of water or sweating.
- \* Seek shade, especially from 10am – 4pm
- \* Cover up with clothing
- \* Ditch tanning beds or lamps
- \* Wear sunglasses
- \* Wear a hat
- \* Cover up the kids, too!

## HealthyGuidance® Back Care Program

In a stressful world, back pain has become all too commonplace. Back pain is one of the most common medical problems, affecting an estimated eight out of 10 people at some point during their lives.

In fact, back conditions such as Spondylosis, intervertebral disc disorders, and other back problems effect over 16,000 members on the ARBenefits plan leading to a cost of over \$14.6 million.

While some of the conditions listed above can be more serious, back pain can range from a dull, constant ache to a sudden, sharp pinch. Unfortunately, many of the things we do in daily life such as household chores, carrying children or just sitting at our desks can be the cause.

That's where your HealthyGuidance® Back Care Program can help! The HealthyGuidance® Back Care Program provides personalized support to help you improve your back health by identifying strategies for positive change.

You'll work one-on-one over the phone with a certified health coach who is a trained expert in biomechanics, exercise, and lifestyle and behavior change to create a program just for you. During the program you will:

- \* Discuss strategies to improve posture
- \* Discover exercises that promote back support
- \* Learn how sleep can contribute to healing
- \* Explore lifestyle changes that can help improve back health

### Additional Services and Support

Your HealthyGuidance® coach can also send you informative articles, direct you to relevant online tools and refer you to your GuidanceResources® program for confidential counseling, financial information, legal support and work-life solutions.

### Call Today to Get Started!

Call GuidanceResources® at 877.247.4621 TDD: 800.697.0353 to request an appointment with a health coach and get the support you need to live a healthier life.

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

## Audit of Plan Dependents

EBD is conducting a full audit of spouses and children covered on the ARBenefits plan. The purpose of the audit is to make sure that members have required documentation on file with EBD.

Employees and retirees missing any required documentation in the ARBenefits system will receive a letter requesting submission of the missing document to EBD. The audit will look to identify if a member is missing a **birth certificate, spousal affidavit or marriage**

**license.** Those missing multiple documents will receive a separate letter for each document.

EBD has also created a new version of the Spousal Affidavit. Going forward, please use this new version for adding your spouse to the plan. Unless you receive an audit letter, or your spouse has a change in status, current employees and retirees **do not** have to complete the new version of the affidavit if an affidavit is already on file with EBD.

The updated version of the Spousal Affidavit is available at [www.ARBenefits.org](http://www.ARBenefits.org) in the Forms & Publications section, and can be accessed at the link below in the web version of this E-Newsletter.

[Spousal Affidavit](#)

## Remember the three ways to submit supporting documents to EBD



### MAIL

Employee Benefits Division  
P.O. Box 15610  
Little Rock, AR 72231



### FAX

501-683-0983



### Online

ARBenefits Member Portal  
<https://my.arbenefits.org>

## Wellness Reminder

With June fast approaching, the deadline for active employees and their covered spouse to complete the requirements for the 2018 wellness discount will be here before you know it.

Remember, the deadline for both the employee and covered spouse to complete the requirements is **October 31, 2017.**

By that date, both the employee and spouse must complete the online Health Assessment at [www.GuidanceResources.com](http://www.GuidanceResources.com). Also, both the employee and covered spouse must

complete a wellness visit with a physician in an office setting.

EBD will count Health Assessments and wellness visits completed between November 1, 2016 - October 31, 2017 towards the discount for the 2018 plan-year.

The State and Public School Life and Health Insurance Board will decide the discount amount when rates are set for the 2018 plan-year later this summer.

To aid in helping you complete the requirements, the following resources are available at [www.ARBenefits.org](http://www.ARBenefits.org).

[ARBenefitsWell Guidelines](#)

[Health Assessment Guide](#)

[Preventative Services Link](#)

Should you have any questions, you can contact EBD Member Services at 1-877-815-1017x1, or by email at [AskEBD@dfa.arkansas.gov](mailto:AskEBD@dfa.arkansas.gov).

Coming soon, employees will be able to check if they have met the wellness requirements by logging into the ARBenefits Member Portal. EBD will send out communication when that capability becomes active.