ARBenefits News Monthly

Issue 46

February 2018

American Heart Association
Learn and Live

American Heart Month

ARBenefits

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Employees looking to schedule a worksite checkup through Catapult Health can book their appointment at

www.TimeConfirm.com/ARBenefits

The month of February is annually recognized as American Heart Month. The month encourages Americans to focus on their cardiovascular health.

Cardiovascular diseases (heart disease, stroke, high blood pressure, etc.) are the leading cause of death for both men and women. Not only death, but cardiovascular disease is also the leading cause of serious illness and disability.

About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds.

While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. below are seven tips to manage your heart health.

Get Active
Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

Control Cholesterol
When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. When you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

Eat Better
Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

Manage Blood Pressure
High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Lose Weight
If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

Reduce Blood Sugar
Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.

Stop Smoking
Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. GuidanceResources®, your EAP provider, has a tobacco cessation program available at no cost to you. Go to ARBenefits.org for more information

Resources:
American Heart Association
www.Heart.org
GoRedForWomen.org

Join Us For Retiree Day!

Friday, March 16, 2018, 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 3/16, 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

FSA Claim Substantiation - Final Reminder (ASE Only)

As a reminder, the runout period for 2017 Flexible Spending Accounts (FSA) will end at the end of March 29, 2018. Be sure that any expense you paid with your FSA in 2017 has been substantiated by that deadline.

DataPath is administering the run-out period for 2017 claims, and you can submit any necessary documents to substantiate claims to them. If you need assistance, you can contact DataPath at (501) 296-9990 or Toll Free: (877) 685-0655.

What happens if you do not substantiate claims for 2017? DataPath will notify EBD of any remaining unsubstantiated claims after the deadline, and the first action will be to deduct the amount of unsubstantiated claims from your paycheck – if you receive your paycheck through AASIS. If you do not receive your paycheck through AASIS, then EBD will start a collection process asking for payment. If payment is not received, then the debt will be sent to the State Tax Setoff Program and if you have an income tax refund due to you, this debt may be taken out of your refund.

Don't be caught in the situation where you have unsubstantiated claims from the 2017 plan year, and money is taken from your paycheck or tax refund. Chances are you used your FSA funds for an eligible expense; you just have to substantiate it with the proper documentation.

As a reminder, this only affects ASE participants with an FSA in 2017.

5 things documentation must include to substantiate a claim

(1) Patient's name

(2) Provider's name

(3) Date of Service (not date of payment)

(4) Type of service received or goods purchased

(5) Amount of the service or goods purchased

Access your DataPath FSA Account by logging into the ARBenefits Member Portal at www. ARBenefits.org. Once you log in, click the FSA/HSA link located in the ARBenefits box.

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

Blue 365® Health & Wellness Discount Program

Established by Blue Cross Blue Shield, Blue365® offers health and wellness discounts to Blue members.

ARBenefits members with Health Advantage as their provider have access to the Blue365® program.

Blue365® offers deals in categories such as fitness, healthy eating, personal care, lifestyle, financial health and wellness.

Interested members can register for the program at **www.blue365deals.com**.

Make sure you have your ARBenefits member ID number handy when you register. There is no extra cost to register for the program. Getting started with Blue365® is easy.

Sign Up For No Fuss E-Mails

Be the first to know about the latest deals to hit Blue365®. One email a week, no spam. Simple as that. Sign up here.

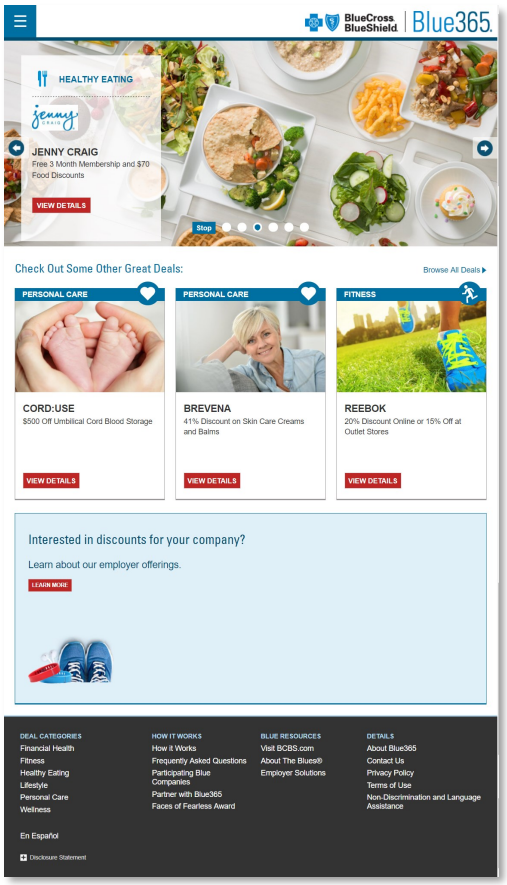
Two Ways To Save

Savings are just a few clicks away. Some deals will give you a coupon code instantly on the Blue365® site. This coupon code can be applied directly to a purchase on a vendor's website or will provide a discounted option on a product or service.

Other deals may take you to a vendor's website directly to make a discounted purchase or enroll in a special discounted program instantly.

Register To Win

Every month, anyone that registers on the Blue365® site will receive an entry into a drawing for $25 retail gift card. Tell your friends and family to register, they will have a chance to win big. Read the Sweepstakes Official Rules PDF.



Catapult Health Map of Clinics

Wondering where Catapult Health clinics are scheduled during 2018? Catapult Health has provided an interactive map that you can use to search scheduled clinics locations in 2018.

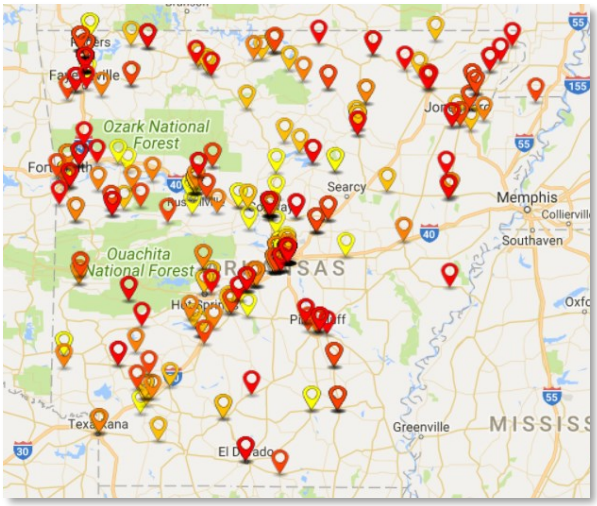
A link to the Catapult Health map is located in the Health Enhancements section at www.ARBenefits.org.

The map is updated weekly with new locations that have been added across the state.

When you access the map, click on the pins to display information for scheduled clinics. You can zoom in on the map to find clinics scheduled in your area.

Covered employees and covered spouses can book an appointment for any clinic; unless that clinic is marked as "employees only". An "employees only" designation means the clinic is only open to employees of that particular agency, school district or location.

Book an appointment for a Catapult Health checkup by visiting www.TimeConfirm.com/ARBenefits.



Where is Catapult HEALTH

MARCH 2018

Below is a list of state agencies and public school districts that have scheduled Catapult Health to provide worksite clinics during the month of March. Clinics are still being scheduled. For an up-to-date list of scheduled clinics, or to book an appointment, visit www.TimeConfirm.com/ARBenefits.

Dates, times and locations are subject to change.

- Clinic is only open to employees of that particular agency, school district or location

Mena School District ###

Dardanelle Middle School

LAR DHS Main Office - Little Rock

Pangburn School District

Dardanelle Primary School

Greenbrier School District

O.U.R. Educational Service Co-op - Harrison

Pea Ridge School District

Poyen School District

Russellville School District

DFA - OCSE - Little Rock

DOH Main Office - Little Rock

AR Department of Emergency Management - North Little Rock

South Conway County School District - Morrilton

AR State Police Headquarters - Little Rock

AR Career Education - Little Rock

Fountain Lake School District - Hot Springs

Carlisle School District

Camp Robinson Military Base - North Little Rock

Crowley's Ridge Educational Service Co-op - Harrisburg

Fort Smith School District

Springdale School District

AR Educational Television Network - Conway

Dept. of Environmental Quality - North Little Rock

ARDOT Central Office - Little Rock

AR Dept. of Agriculture - Little Rock

Washington County DHS - Fayetteville

Cave City School District

AR Department of Community Corrections - Little Rock ###

AR Crime Lab - Little Rock

Rehab Services - Little Rock

AR Crime Information Center - Little Rock

Department of Arkansas Heritage - Little Rock

County Line School District - Branch ###

State Capitol Building - Little Rock

East End School District - Bigelow

DeQueen School District

Batesville School District

Department of Community Corrections Area 10 - Hot Springs ###