



# ARBenefits

## Monthly E-Newsletter



### Catapult Health Clinic Locations

Employees, are you looking to complete your wellness program screening through Catapult Health this year? Find where Catapult Health is scheduled to host worksite clinics in the Health Enhancements section at [www.ARBenefits.org](http://www.ARBenefits.org).

Search a map of scheduled clinic locations in your area or view a list of scheduled clinics which have appointments available. The map and availability list are updated weekly.

[Catapult Health Clinic Locations](#)

## UTILIZING BENEFITS OUTSIDE OF ARKANSAS

With spring and summer approaching, members may be planning vacations outside of the state of Arkansas.

As an ARBenefits member, you have access to your plan benefits when you travel across the country or internationally.

If you are going to be visiting other parts of the U.S., you can locate in-network providers through Blue Cross Blue Shield's Nationwide Provider Directory.

The nationwide directory can be accessed at [healthadvantage-hmo.com](http://healthadvantage-hmo.com) or at the link below.

[Nationwide Provider Directory](#)

Are your travels taking you outside of the U.S.? The Blue Cross Blue Shield Global Core Program gives you access to doctors and hospitals around the world.

To take advantage of the Global Core Program, always carry your ARBenefits

ID card with you and contact Health Advantage for coverage details before you travel.

If you need inpatient care, call the Global Core Service Center 24x7 at 1-800-810-2583 or collect at 1-804-673-1177 to arrange direct billing.

In addition to contacting the service center, call the precertification number on your ARBenefits card for services that require precertification.

For outpatient and doctor care, or inpatient care not arranged through the service center, you may need to pay up front. In the event you pay up front, you can file a claim form available at [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com).

In an emergency, go to the nearest hospital.

To learn more about the BCBS Global Core Program, visit [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com).



**March is National Nutrition Month and the perfect time to re-evaluate your diet.** Some simple dietary lifestyle changes can have a huge impact on your overall health. Reducing sodium and saturated trans fats can reduce your risk of heart disease. Reducing refined carbohydrates and excess sugars helps prevent blood sugar fluctuations and can increase your energy level. Preferring steamed and grilled foods to fried ones is good for your brain health. Put them all together and you might even experience a little weight loss and a better overall healthy feeling.

Brought to you by  **Health Advantage**  
An Independent Licensee of the Blue Cross and Blue Shield Association



# Getting Ready to Retire

Are you planning to retire from your agency or school district and want to continue your ARBenefits coverage as a retiree?

To be eligible for retiree insurance, the following conditions must be met:

1. The employee must be an active member on the ARBenefits health plan on the last day of their employment.
2. The employee must be eligible to begin drawing their annuity from their retirement agency.

To enroll in retiree health coverage, employees can submit the ARBenefits Retirement Election Packet to EBD. The packet is available at [www.ARBenefits.org](http://www.ARBenefits.org), and through the link at the end of this article.

Please do not submit your packet

to EBD any earlier than 30 days prior to date of your retirement.

The packet includes:

- ARBenefits Retiree Election Form,
- ARBenefits Spousal Affidavit,
- Authorization to Release Information,
- Securian (Minnesota Life) Retiree Deduction form if you wish to continue your life insurance coverage.

Members can elect for premiums to be deducted from their monthly annuity, or bank account.

If you choose to have premiums deducted from your bank account, you must fill out a Bank Draft Authorization Form. The premium for the first month of retiree coverage will be deducted from the annuity.

The premium being deducted from

your first month's retirement check is how EBD verifies your annuity has started, and you are eligible to be on the retiree health plan.

ARSEBA has a retiree dental, and a dental & vision plan available for both state and public school retirees who reside in Arkansas. Plans are provided through Delta Dental. Learn more or enroll at [www.mysmilecoverage.com/SOAR](http://www.mysmilecoverage.com/SOAR). You can also speak with an agent at 1-844-788-7627.

Have questions regarding retirement? Contact EBD at 1-877-815-1017 x1, or by e-mail at [AskEBD@dfa.arkansas.gov](mailto:AskEBD@dfa.arkansas.gov).

## Links

- [ARBenefits Retirement Packet](#)
- [Retirement Enrollment Information](#)
- [Bank Draft Authorization Form](#)

## Do I Have to Elect Retiree Coverage When I Retire?

Employees have options for electing ARBenefits retiree coverage later if they are not going to enroll in coverage when they first retire.

If the retiring employee is going to have other employer group coverage such as through their spouse when they retire, should they involuntarily lose that group coverage, they will have 30 days to elect coverage through ARBenefits. The retiree will need to provide EBD proof they have had other employer group coverage from the time they left the ARBenefits Plan, to the time they would like to enroll without any lapses in coverage.

If a retiring employee is not going to be eligible to begin drawing their annuity when they first retire, once they become eligible to begin drawing their annuity, they will have 30 days to elect retiree coverage through ARBenefits.

Eligible retirees can enroll in retiree coverage once. If a retiree elects ARBenefits retiree coverage, and later drops that coverage, they will not have a qualifying event to rejoin the Plan. The exception is if the retiree goes back to work at a state agency or school district and returns to the active employee plan.



# Health Advantage My Blueprint

My Blueprint is Health Advantage’s online, self-service center available to all ARBenefits Plan members. My Blueprint gives you access to your health plan information 24 hours a day, seven days a week.

Features available within My Blueprint:

- Estimate your treatment costs
- Review a recent doctor visit
- Complete your Health Risk Assessment (HRA)
- Check deductible contributions
- Access health information
- Find a doctor or hospital
- View your personal health record
- Review status of claims and claims history

## How to register:

Visit [healthadvantage-hmo.com](http://healthadvantage-hmo.com).

Select the “Sign In” icon at the top right of your screen followed by the register link.

You can also go directly to the My Blueprint login page at:

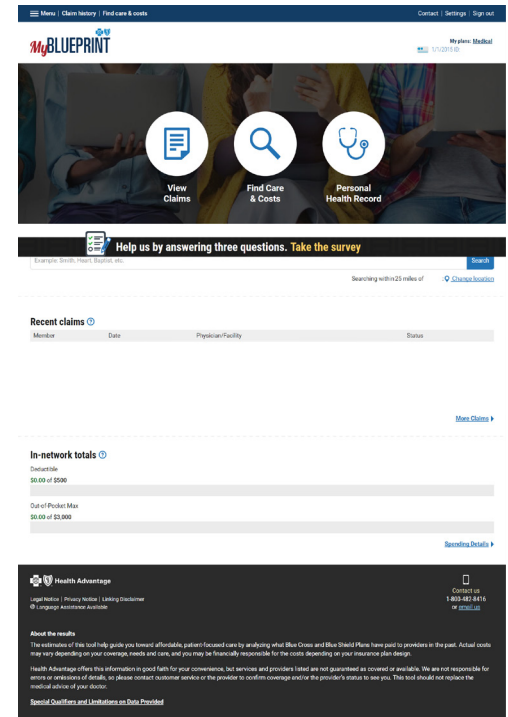
[myblueprint.healthadvantage-hmo.com](http://myblueprint.healthadvantage-hmo.com).

Once you select the register option, follow the instructions to create an account. You will need your ARBenefits member ID number to register, including the PXGY00 portion of your member number.

You, your covered spouse and covered dependents can all register for a My Blueprint account.

If you need assistance accessing your My Blueprint account, you can

contact Health Advantage at 1-800-482-8416.



## AR Benefits

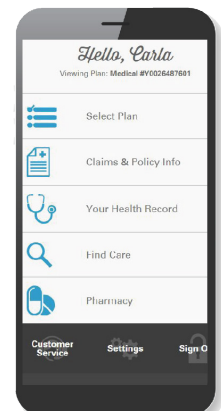
**Did you know your AR Benefits plan rewards you for simply taking the Health Risk Assessment (HRA) on My Blueprint?** If you (and your covered spouse) have a wellness visit with your primary care physician and complete the online HRA, you can qualify for a premium discount. The HRA is available on My Blueprint. Register today at [healthadvantage-hmo.com/myblueprint](http://healthadvantage-hmo.com/myblueprint) if you haven't already!



## My Blueprint On The Go

Access your plan information from anywhere with the My Blueprint Mobile app. The My Blueprint Mobile app allows you to check claims, view your health history, find in-network doctors, estimate treatment costs and much more!

The My Blueprint Mobile app is available for both iOS and Android devices.





## Substance Abuse Help Through New Directions (EAP)

In 2017, the National Survey on Drug Use and Health reported that approximately 19.7 million Americans over age 12 had a substance use disorder (SUD) related to the use of alcohol or illicit drugs.

However, only 1 in 8 people received the treatment they needed. Excessive substance use, including alcohol places you at higher risk of job loss, dropping out of school, mental illness, physical illness, domestic violence, legal issues, accidental injury, suicide, homicide and death by overdose.

Early intervention is key to preventing tragic outcomes of substance use. If you or someone you care about is struggling with substance use, your Employee Assistance Program (EAP) can offer advice on how to address the issue.

Our licensed counselors can partner with you to assess your needs, develop a plan of action and connect you with resources in your community.

### Signs and symptoms of substance abuse can include:

- Sudden drop in attendance or work performance
- Slurred speech or inappropriate emotional responses
- Neglecting responsibilities and risky behavior
- Sudden weight change
- Severe dental problems
- Dilated or constricted pupils, red or glassy eyes
- Redness around the chin, upper lip and nose from inhalants
- Open sores on the face and arms
- Agitation, rapid speech, tremors, paranoia or aggressiveness

### Treatment

The decision to seek drug and/or alcohol treatment for yourself or a loved one can be a difficult, but important step. Simply identifying what type of treatment is needed and what is available can be tough.

When you think you may need support or treatment, New Directions can help.

Licensed clinicians take time to fully understand and assess treatment needs. Available 24/7/365, these experts will provide you with information regarding treatment options and search for the right

provider for you or a loved one. Take the first step to getting help by connecting with your free benefit, the Employee Assistance Program (EAP).

Call the Support Line at 1-877-300-9103, or access EAP services online at [www.ndbh.com](http://www.ndbh.com).

To access EAP services online, select the Log In icon at the top left corner of the ndbh.com homepage. In the Individuals & Families tab, choose Employee Assistance Program in the Program drop down and enter company code: **arbenefits**.



**Connect With New Directions Today**

**1-877-300-9103**

**[www.ndbh.com](http://www.ndbh.com)**

**Company Code: arbenefits**

ARBenefits complies with applicable Federal civil rights laws and does not discriminate based on 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.