

ARBenefits News Monthly

Issue 50
June 2018



Open Enrollment for 2019



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EBD has established the 2019 plan year open enrollment period for both state agency (ASE) and public school (PSE) employees. Open Enrollment for both ASE and PSE employees as well as non-Medicare retirees will run **October 1-31, 2018**.

During this time, changes to health insurance policies can be made without a qualifying event. Open enrollment changes include:

- * Enrolling onto the plan,
- * adding/dropping dependent coverage,
- * changing plan levels,
- * dropping coverage completely.

Employees can also choose to not make any changes and keep their coverage as-is for 2019.

Non-Medicare retirees can only change their plan level between

Premium, Classic and Basic during open enrollment.

EBD strongly encourages you to use the ARBenefits Member Portal at www.ARBenefits.org to elect changes during open enrollment.

Members who use the online system will receive instant confirmation that their changes have been received by EBD, and confirmation that their elections have been approved or denied.

Enrollment forms can also be faxed or mailed to the number or address on the election form. Be sure to keep a copy of your fax confirmation sheet when faxing forms and documents to EBD.

Members adding a spouse and/or dependents to their coverage during open enrollment will need to submit supporting documentation.

Supporting documentation can include: copy of a marriage license, spousal affidavit and birth certificates if adding children.

More information on supporting documentation can be found in the ARBenefits Summary Plan Description (SPD). The SPD is available in the Plan Documents section at www.ARBenefits.org.

Open Enrollment for 2019

PSE:

Health and Securian (Minnesota Life): October 1 - 31, 2018

ASE:

Health, Securian (Minnesota Life) and FSA: October 1 - 31, 2018

ARSEBA Products: September 1 - October 31, 2018

The EBD Office will be closed on

Wednesday, July 4, 2018

Independence Day



Board Update for 2019 Plan Year

During the June meeting, the State and Public School Life and Health Insurance Board authorized the following for the 2019 plan year.

The Board approved 0% rate increase for PSE and ASE employees and retirees.

The wellness discount for active employees will stay at \$75 per month.

Deductibles for PSE Premium, Classic and Basic plans will decrease by \$250 starting 1/1/19.

ARBenefits Wellness Program Reminder

As we cross the halfway point of 2018, the deadline to complete the ARBenefits Wellness Program requirements will be here before you know it.

To successfully complete the program, and earn \$75 off your monthly premiums for 2019, all requirements must be met by active employees and covered spouses by **October 31, 2018**.

To aid with completing the requirements, the following resources are available in the Health Enhancements section at www.ARBenefits.org.

[ARBenefitsWell Guidelines](#)

[Wellness Program FAQ](#)

[ARBenefits Primary Care Provider Form](#)

Should you have any questions, contact EBD Member Services at 1-877-815-1017x1, or by e-mail at AskEBD@dfa.arkansas.gov.

Are your Requirements Complete?

Members can check the status of their wellness program requirements by logging into their ARBenefits Member Portal account at www.ARBenefits.org. Once you access your account, scroll down to the Wellness box to see your current status.

Covered spouses need to log into their own account to check the status of their own wellness requirements.

To successfully complete the wellness program, active employees and covered spouses must complete the following by **Wednesday, October 31, 2018**.

Biometric Screening

Employee and covered spouse must complete a biometric screening either through a Catapult Health worksite checkup, or their own physician.

Catapult Health will not complete checkups on members who are pregnant, or who have had a double mastectomy with bilateral lymph node removal. Affected members can still complete their screening requirement by going through their own physician.

Members who utilize their own physician need to submit a completed ARBenefits Primary Care Provider Form. The Form is available in the Health Enhancements section of www.ARBenefits.org, and must be fully completed by the physician.

Health Assessment

Employee and covered spouse must complete a health assessment. Members who participate in a checkup through Catapult Health also complete the health assessment requirement during their appointment.

Participants who utilize their own physician to complete their screening need to complete the online health assessment. Members can access the assessment by logging into their ARBenefits Member Portal account at www.ARBenefits.org. Covered spouses need to log into their own ARBenefits account if they need to complete the online health assessment.

Tobacco Cessation...if necessary

Employees and covered spouses who test positive for nicotine use, must enroll in the tobacco cessation program through GuidanceResources® to successfully complete their wellness program requirements.

Members can choose to participate in a telephonic cessation program by contacting GuidanceResources® at 1-877-247-4621. The telephonic program includes coverage of cessation aids such as Chantix and patches.

There is also an online an online version of the Program. Members can complete the online program by logging into their ARBenefits account, and clicking the link for GuidanceResources®. The online program does not include coverage of cessation aids.

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

Staying Physically Active

Along with a healthy diet, physical activity is key to achieving and maintaining a healthy lifestyle. Regular physical activity is especially important if you are trying to lose weight, or if you are trying to maintain a healthy weight.

When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.

Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.

Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

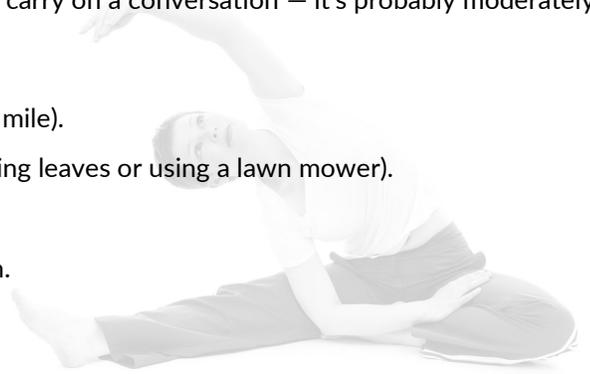
Physical activity also helps to:

- * Maintain weight.
- * Reduce high blood pressure.
- * Reduce risk for type 2 diabetes, heart attack, stroke, and forms of cancer.
- * Reduce arthritis pain and associated disability.
- * Reduce risk for osteoporosis and falls.
- * Reduce symptoms of depression and anxiety.

The Centers for Disease Control and Prevention (CDC) recommends adults get 150 minutes of moderate physical activity, 75 minutes of vigorous physical activity, or a combination of the two every week.

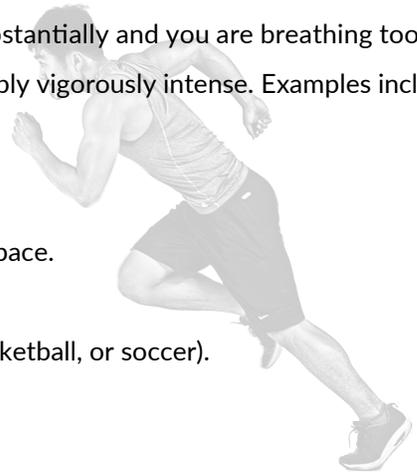
Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation — it's probably moderately intense. Examples include:

- Walking briskly (a 15-minute mile).
- Light yard work (raking/bagging leaves or using a lawn mower).
- Light snow shoveling.
- Actively playing with children.
- Biking at a casual pace.
- Stretching



Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense. Examples include:

- Jogging/running.
- Swimming laps.
- Rollerblading/inline skating at a brisk pace.
- Weight lifting (vigorous effort)
- Most competitive sports (football, basketball, or soccer).
- Jumping rope.



More information and resources are available at <https://www.cdc.gov/healthyweight/>

- * Ways to cut calories
- * Healthy recipes
- * Tips for weight loss
- * And more!

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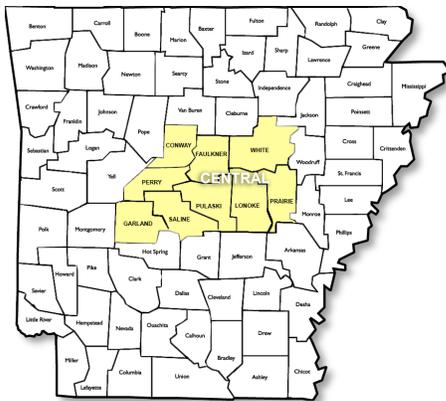


Where is Catapult HEALTH

July 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 July. Clinics are still being scheduled. For an up-to-date list of scheduled clinics, or to book an appointment, visit www.TimeConfirm.com/ARBenefits.

Listed locations are scheduled as of the distribution of the E-Newsletter. Dates and times are subject to change.



Central Arkansas

AR DHS Main Office - Little Rock

^^^ DHS/CHDC - Conway ^^

Arkansas Health Center - Benton

*** Harmony Grove School District - Benton ***

*** Pulaski County Special School District - Little Rock ***

White County DOH - Searcy

*** E-Stem High Public Charter School - Little Rock ***

Pulaski Country Central DOH - Little Rock

AR State Library - Little Rock

DDSSA - Little Rock

AR Workers Compensation Commission - Little Rock

Department of Workforce Services - Little Rock

Freeway Medical Tower - Little Rock

Mountain Pine School District

*** Conway School District ***

*** Searcy School District ***

Academics Plus District - Maumelle

Vilonia School District

Bradford School District

England - England School District (400 East Dewitt)

^^^ Riverview School District - Searcy ^^

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

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

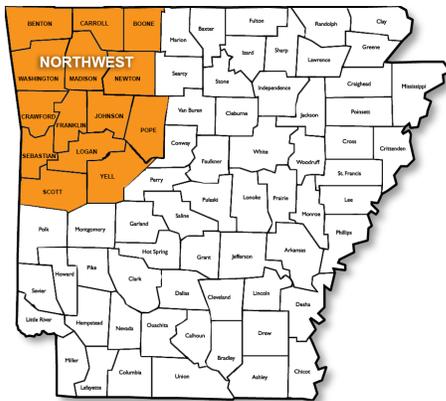


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Northwest Arkansas

Decatur School District

Fayetteville School District

*** Greenwood School District ***

Van Buren School District

NW Regional DOH - Russellville

Springdale School District

*** Siloam Springs School District ***

ARDOT District Four - Barling

Farmington School District

DHS - Mansfield

Fort Smith School District

*** AR Department of Community Corrections Area 1 - Fayetteville ***

Alma School District

HDC - Booneville

Berryville School District

*** West Fork School District ***

Arkansas Arts Academy - Rogers

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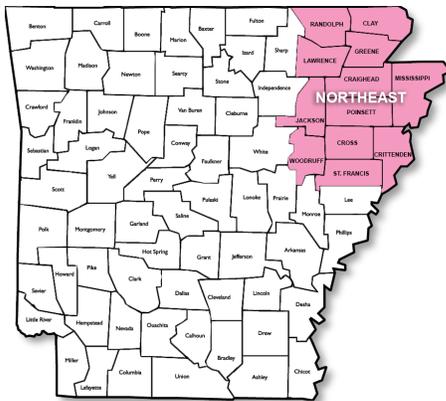


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Northeast Arkansas

Jonesboro School District

Cross County DHS - Wynne

DHS - Paragould

East Poinsett County School District - Lepanto

St. Francis County DOH - Forrest City

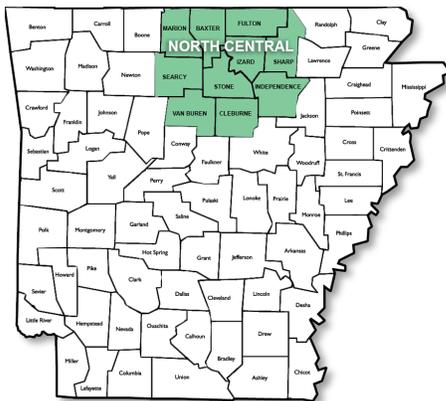
Valley View School District - Jonesboro

*** Jackson County School District -
Tuckerman ***

Rivercrest School District - Wilson

Armored School District - Blytheville

Cross County School District - Cherry Valley



North Central Arkansas

Clinton - DHS - Clinton

ARDOT District Five - Batesville

Salem School District

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