

# ARBenefits News Monthly

Issue 51  
July 2018



## Active Health Management Prize Drawing



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Where is Catapult Health - August 2018

Active Health Management (AHM), the medical management vendor for the ARBenefits plan, is giving members a chance to win an Apple Watch or FitBit.

To be entered in the contest, members need to register, or log in to their MyActiveHealth<sup>SM</sup> account by **Friday, August 10, 2018**.

Members can register, or log in to their MyActiveHealth<sup>SM</sup> accounts by visiting [www.myactivehealth.com/ARBenefits](http://www.myactivehealth.com/ARBenefits). Log in each day to earn an additional entry. You do not have to be enrolled in a program through AHM to register your MyActiveHealth<sup>SM</sup> account.

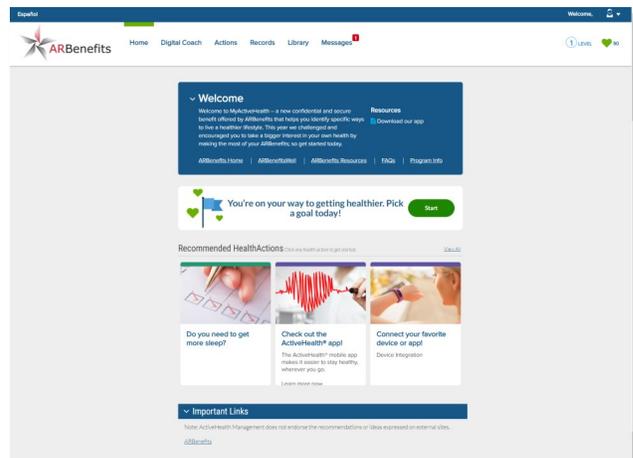
#### Programs Administered by AHM include:

- ◆ Free Nurse Coaching
  - \* Asthma
  - \* Diabetes
  - \* Chronic Pain
  - \* High Cholesterol
  - \* And More!
- ◆ Maternity Management
- ◆ Case Management
- ◆ 24/7 Nurse Hotline

MyActiveHealth<sup>SM</sup> gives members access to:

- ◆ AHM programs and nurses.
- ◆ Proven ways to help members start healthy habits.
- ◆ Weekly action plans based on goals and motivations.
- ◆ Great tips, tricks and tracking for healthy eating, exercise and weight control.
- ◆ Fun, helpful and easy-to-use tools like recipes, articles, challenges and more!

[www.myactivehealth.com/ARBenefits](http://www.myactivehealth.com/ARBenefits)



# Medicare and Turning 65 While Still Employed

Turning 65 can begin a member's Medicare eligibility, it does not mean your career is over. Many employees work past age 65. It is important to know your options regarding Medicare while still being an active employee covered on the ARBenefits plan.

## What happens to my ARBenefits plan when I, or my covered spouse, turns 65 while I am still an active employee?

As long as you are covered as an active employee, your ARBenefits plan does not change if you, or your covered spouse turn 65. Your coverage, deductible, monthly rate, provider network, etc., stay the same.

### Active employees who become Medicare eligible have three (3) options:

1. As long as you are not drawing social security benefits, you can wait to enroll in Medicare Part A and/or B until you stop working and lose your active employee coverage. The loss of your active employee coverage allows you a special Medicare enrollment window where you will not be assessed any penalties for late enrollment.
2. You can enroll in Medicare Parts A and/or B when you become eligible. While you are working, ARBenefits will continue to be your primary payer for you and anyone you cover. Medicare will pay secondary for you. You still need to meet your ARBenefits deductible before ARBenefits or Medicare will pay towards covered services. Also, you will be responsible for paying your Medicare Part B premium. Should you, or your covered spouse, enroll in Medicare Parts A and/or B, you need to provide EBD a copy of your Medicare card. This includes cases of disability or illness such as ESRD (kidney failure).
3. Employees can enroll in Medicare Parts A & B and terminate their ARBenefits coverage. The gain of Medicare is considered a qualifying event, giving active employees 60 days if they wish to drop their ARBenefits coverage. **Remember, to qualify for ARBenefits retiree coverage, you need to be covered on the ARBenefits plan the last day of your employment.**

### What if my covered spouse is Medicare eligible?

If an employee's covered spouse is eligible for Medicare, they have the options below:

1. The spouse can wait to enroll in Medicare until the employee retires.
2. The employee can continue to cover the spouse, and the spouse can enroll in Medicare. While the employee is actively working, ARBenefits will continue to be the primary payer for the spouse, and Medicare will pay secondary.
3. The spouse can enroll in Medicare Parts A & B, and the employee can drop the spouse off their ARBenefits plan due to a qualifying event. Retiring employees can continue to cover an eligible spouse and/or dependents who are on their plan the last day of employment.

After retirement, retirees can only add a spouse or dependent to their plan if a qualifying event has occurred.

## What about my HSA?

Per IRS rules, once Medicare coverage becomes effective, active employees must cease contributions to a Health Savings Account (HSA). To continue to contribute to your HSA while working past age 65, do not enroll in Medicare while still an active employee. This includes Part A which can be automatically given to those turning 65. It is the employee's responsibility to make sure Medicare coverage does not become effective if they wish to continue contributing to an HSA.

## What if my covered spouse is becoming Medicare eligible?

The IRS rule only pertains to the working employee that is contributing to the plan. If the employee is not Medicare eligible, but their spouse is eligible or enrolled in Medicare, the employee can still contribute to their HSA.

### EBD

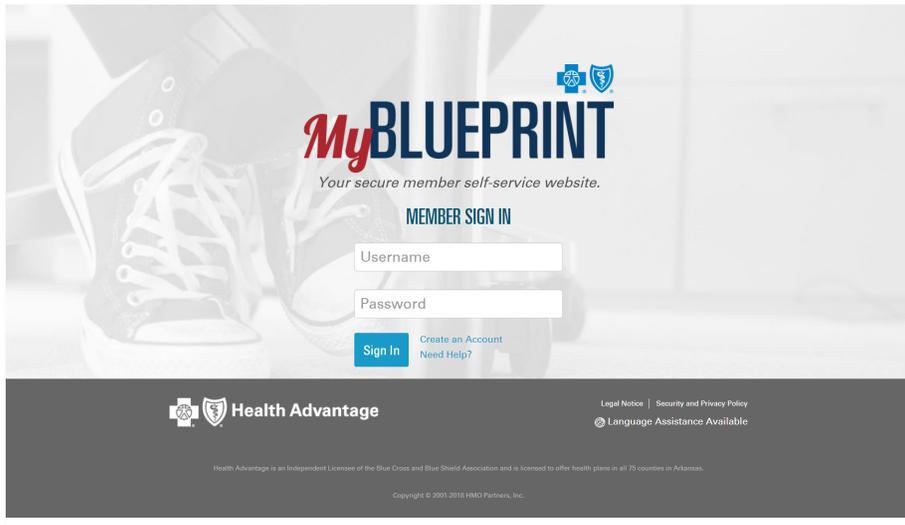
#### If you have any questions:

[www.ARBenefits.org](http://www.ARBenefits.org)  
1-877-815-1017 x1  
[AskEBD@dfa.arkansas.gov](mailto:AskEBD@dfa.arkansas.gov)

### Medicare

[www.Medicare.gov](http://www.Medicare.gov)  
1-800-633-4227 (1-800-MEDICARE)  
TTY: 1-877-486-2048

# Health Advantage My Blueprint



To log in to, or register your My Blueprint account, members can go to [www.healthadvantage-hmo.com](http://www.healthadvantage-hmo.com). When registering your My Blueprint account, you will need to use the entire ID line on your ARBenefits ID card including the letters.

Members can also access their My Blueprint account on the go by downloading the My Blueprint app to their mobile device. The My Blueprint mobile app is available through the Apple App Store and Google Play.

Members who need assistance accessing their My Blueprint account can contact:

**Health Advantage**

Toll Free: (800) 482-8416

Local Office: (501) 378-2364

Members with Health Advantage as their benefit coordinator, they have access to the My Blueprint portal.

The covered employee, and any covered spouse and/or dependents can register for the My Blueprint portal.

The Health Advantage My Blueprint portal gives members easy access to:

- ◆ See your Personal Health Record,
- ◆ Find care and compare costs,
- ◆ View how much you have contributed towards your plan deductible and out-of-pocket maximum,
- ◆ View medical claims history,
- ◆ Look up policy information,
- ◆ Review your doctor,
- ◆ And more!

## Get Active Inside When It's Hot Outside

During summer's heat and humidity, exercising outside can feel like working out in a sauna. But, physical activity is just as important during the hot months – and joining the pricey gym down the street isn't your only option. Consider these ways to stay active inside.

- Have the urge to run to the shopping mall? Consider going an hour before the stores open and walking a few laps inside the mall. Larger malls often have walking programs so you can easily calculate your

distance, and the air conditioning will keep you comfortable.

- County recreation centers, places of worship, and some schools open their gyms during the summer. Call one near you and see if you might be able to join a half-court basketball game or walk a few laps around the gym.
- Get moving in your own living room: Turn up your radio and dance with your kids, try a new exercise DVD, or challenge yourself with some jumping jacks or sit-

ups. Every little bit helps!

- If you must exercise outside during the hot summer months, do it early before it gets too hot or wait until early evening when it starts to cool down. Be sure to stay well-hydrated; and don't forget your sunscreen!

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.

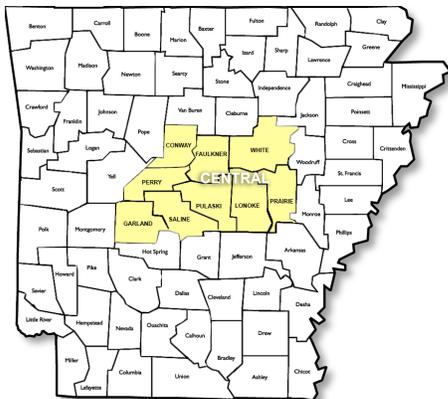
Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-815-1017x1



# Where is Catapult HEALTH August 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 August. Clinics are still being scheduled. For an up-to-date list of scheduled clinics, or to book an appointment, visit [www.TimeConfirm.com/ARBenefits](http://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

### \*\*\* Searcy School District \*\*\*

Responsive Education Solutions - Little Rock

### ^^^ Riverview School District - Searcy ^^

White County Central School District - Judsonia

### Hot Springs School District

\*\*\* AR Insurance Department - Little Rock \*\*\*

### Hot Springs School District - Park/Intermediate School

\*\*\* LRSD - Pinnacle View Middle School - Little Rock \*\*\*

### Bryant School District - Collegeville

DFA 1509 Building - Little Rock

### Hot Springs School District - World Class High School

DHS - Lonoke

### \*\*\* ADC Wrightsville Unit - Wrightsville \*\*\*

\*\*\* - 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

Hot Springs School District - Oaklawn Magnet School

**AR State Police Headquarters - Little Rock**

DHS - Saline County

**ADC England Training Center - England**

Garland County DOH - Hot Springs

**White County DHS - Searcy**

\*\*\* Wilbur Mills Co-op School District - Beebe \*\*\*

**Little Rock - Arkansas State Hospital**

Arkansas Health Center - Benton

**DHS Main Office - Little Rock**

^^^ DHS/CHDC - Conway ^^

\*\*\* Hazen School District \*\*\*

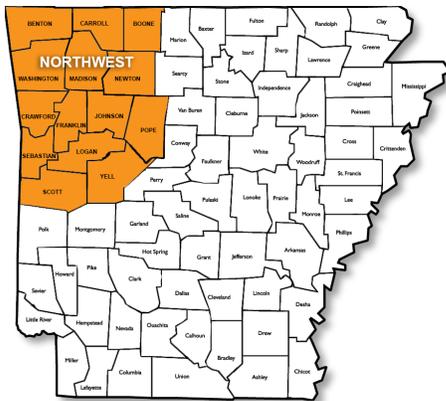
Dept. of Workforce Services - Conway



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## Northwest Arkansas

### Fort Smith School District

Valley Springs School District

### Greenland School District

Mountainburg School District

### Harrison School District

\*\*\* Mulberry/Pleasant View Bi-County Schools - Mulberry \*\*\*

### Dover School District - Middle School

Hackett School District

### Waldron School District

Northwest Arkansas Classical Academy - Bentonville

### ARDOT District Nine - Harrison

Two Rivers School District - Ola

### Fort Chaffee Military Training Center - Fort Chaffee

\*\*\* Greenwood School District - High School \*\*\*

\*\*\* Clarksville School District - Jr. High \*\*\*

Pope County DHS - Russellville

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

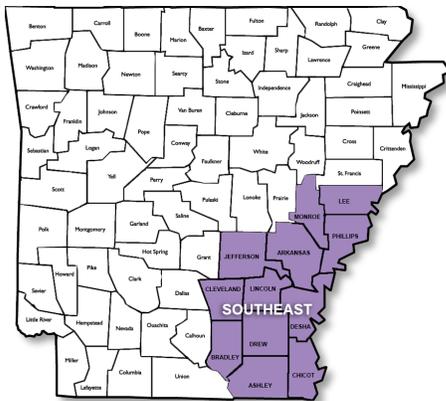
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## Southeast Arkansas

\*\*\* Watson Chapel School District - Pine Bluff \*\*\*

Clarendon School District

McGehee School District

\*\*\* ADC Delta Regional Unit - Dermott \*\*\*

ADC Central Office - Pine Bluff

\*\*\* ADC East AR Regional Unit - Marianna \*\*\*

\*\*\* ADC Tucker Unit - Tucker \*\*\*

ARDOT District Two - Pine Bluff

Pine Bluff School District

KIPP Forrest City College Preparatory School - Forrest City

ADC Admin East Office - Pine Bluff

AR River Educational Co-op School District - Pine Bluff

\*\*\* ADC Varner Unit - Varner \*\*\* ADC

KIPP Delta Collegiate High - Helena-West Helena

KIPP Delta Elementary Literacy Academy - Helena-West Helena

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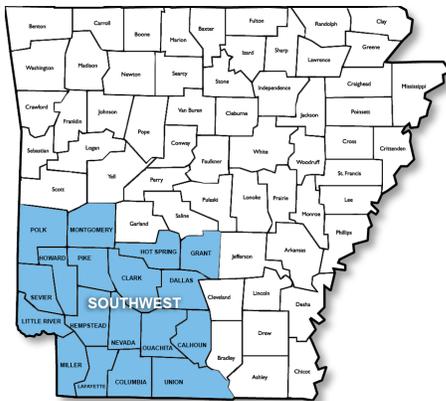
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## Southwest Arkansas

**Parkers Chapel School District - El Dorado**

Nashville School District

**Caddo Hills School District - Norman**

Kirby School District

**Bearden School District**

\*\*\* Junction City School District \*\*\*

\*\*\* Horatio School District \*\*\*

\*\*\* Magnolia School District \*\*\*

**Dierks School District**

Ouachita County DHS - Camden

**Hope School District**

ARDOT District Three - Hope

**Miller County DHS - Texarkana**

DHS - El Dorado

**Harmony Grove School District - Sparkman High School - Sparkman**

South Central Co-op School District - Camden

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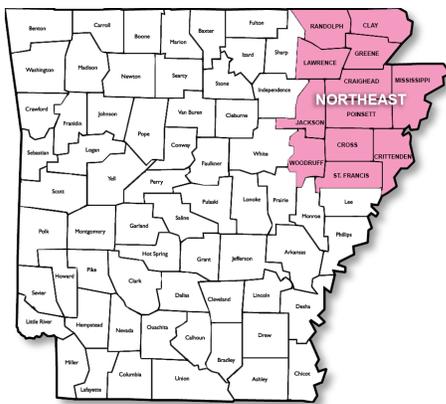


# Where is Catapult HEALTH

## August 2018

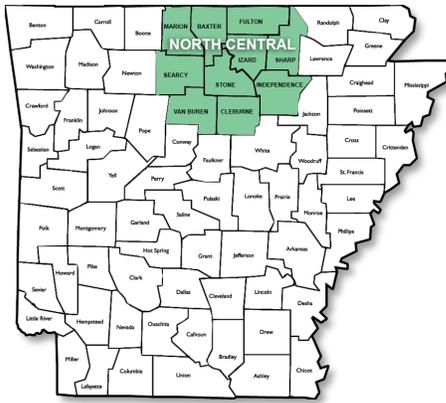
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## Northeast Arkansas

- Rector School District
- Corning School District
- McCrary School District
- Westside Consolidated School Dist. - Jonesboro
- Sloan-Hendrix School District - Imboden
- Mississippi County DOH - Blytheville
- \*\*\* Manila School District \*\*\*
- Marked Tree School District
- Walnut Ridge - Lawrence County School District
- \*\*\* ADC McPherson Unit - Newport \*\*\*
- Piggott School District
- Earle School District
- Nettleton School District
- \*\*\* ADC Grimes Unit - Newport \*\*\*
- Valley View School District - Jonesboro
- Newport School District
- Marmaduke School District
- DHS - Piggott



## North Central Arkansas

- \*\*\* Concord School District \*\*\*
- Sharp County DHS - Cherokee Village
- Viola School District
- DHS - Mountain View
- \*\*\* Mountain Home School District \*\*\*
- Independence County DOH - Batesville
- \*\*\* Highland School District \*\*\*
- Cleburne County DOH - Heber Springs
- Crawford County DHS - Van Buren

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