Has anything changed in your family situation? Does the health plan you elected last year still meet your family needs? Whether you want to add or drop an eligible dependent or spouse; change your benefit plan from Premium to Classic or Basic, or opt out altogether, open enrollment is the only time you can make such changes without a “qualifying life event.”

Open enrollment is also the time for Non-Medicare retirees to change their plan level between Premium, Classic and Basic. If you want your benefit plan to remain the same, then do nothing and your enrollment selections for 2018 will be applied to the 2019 plan year.

Members who wish to make changes during open enrollment may do so by completing a paper form located in the enrollment guide. Completed enrollment forms can be faxed to the number listed on the forms.

Members may also enroll electronically by using the member portal at www.ARBenefits.org; with the online option members can make enrollment changes and upload required documents.

Any changes elected during open enrollment are effective 1/1/2019.

Documentation including enrollment forms and any required supporting documentation for open enrollment must be submitted no later than October 31, 2018. EBD will accept the last enrollment form submitted in October as your final election choice for 2019.

If you have any questions about open enrollment or benefits, you can contact Member Services at 1-877-815-1017 or at AskEBD@dfa.arkansas.gov.

Required Documentation

Adding a spouse:
* Copy of Marriage License
* Copy of ARBenefits Spousal Affidavit. To access a copy of the Spousal Affidavit, click here.

Adding a Dependent Child:
* Newborns – Birth Certificate/ Birth Announcement naming child’s parents and date of birth
* Child – Birth Certificate, Court-approved adoption papers (with signature & seal)
* Step-child – Marriage license to the step-child’s parent and birth certificate
* Legal Guardianship – Court-approved guardianship papers (with signature & seal)

Helpful Links for Open Enrollment

Documents and forms are available at www.ARBenefits.org. If you are viewing this E-Newsletter in your email inbox, please click the blue link at the top of the E-Newsletter email to open the web version. That will allow you access to the links in the E-Newsletter.

ASE Open Enrollment Guide
PSE Open Enrollment Guide
ARBenefits Enrollment Form
Spousal Affidavit
One Stop Shop – Health Advantage!

To reduce costs and improve quality, EBD has streamlined our healthcare services by going to one primary vendor.

Effective January 1, 2019, Health Advantage will now act as the administrator for all health plans, employee assistance program (EAP), medical management and actuary services. QualChoice will no longer manage our Medicare Primary plans. Members under this plan will receive new cards from Health Advantage by the end of December 2018. GuidanceResources will continue to provide EAP services until December 31, 2018. Beginning January 1, 2019, New Directions a partner to Health Advantage will become our new EAP provider. Active Health Management the current provider of Case Management, Disease Management, Maternity Program, 24x7 Nurse Line and the Bariatric Surgery Pilot Program will end its services on December 31, 2018 and Health Advantage will administer all of these programs.

EBD will distribute more information regarding these services as we go through implementation.

October DEEP Classes Available

The Diabetes Empowerment Education Program, known as DEEP, has classes starting in October. Members on the ARBenefits Plan with Medicare are eligible to participate in the classes at no cost to the member.

The DEEP program is designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-management.

Goals of DEEP include:

* To reduce diabetes complications and modifiable risk factors.
* To better manage other chronic diseases by improving blood glucose control.
* To increase knowledge of diabetes and promote improved coordination of care with medical professionals.
* To increase self-management skills such as self-monitoring, healthier eating, reasonable exercise plan, stress management, and appropriate use of medications (prescription and OTC).
* To better manage psychosocial issues.
* To facilitate short- and long-term behavioral change.

Below is a list of upcoming classes. Members can contact the class instructor to enroll. Make sure when you attend your first class you give the instructor the code: ARBenefits

**Greenbrier Family Clinic**
49 South Broadview, Ste. 1, Greenbrier, AR
Class starts: October 16, 2018
Class ends: November 20, 2018
Time: 2:00pm-4:00pm
Contact: Jackie Doss, Jasmin Sumrall, or Tama Hinton at 501-812-7577

**John Lightle Senior Center**
2200 E. Moore, Searcy, AR 72143
Class starts: October 17, 2018
Class ends: November 21, 2018
Time: 1:30pm-3:30pm
Contact: Cynthia Abel at 870-207-7595

* **EBD will send notification when more classes are added.**
Final Wellness Program Reminder

The deadline to complete the ARBenefits Wellness program requirements is here for covered active employees and covered spouses.

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 Wednesday, October 31, 2018.

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

**Biometric Screening**

To receive the $75 per month wellness discount members must complete the biometric screening. If members complete this screening at a Catapult clinic then they do not have to complete the health risk assessment online. However, members who choose to visit their primary care physician to have the biometric screening done must still submit a completed ARBenefits Primary Care Provider form to meet the wellness program requirements. This form is available in the Health Enhancements section at www.ARBenefits.org. Remember you must have this form fully completed by the physician and submitted to EBD by October 31, 2018.

**Health Assessment**

The health risk assessment is ONLY required for members who choose to have the biometric screening completed by their primary care physician. Under this option, to receive the wellness discount, employees and their covered spouses must complete a health risk assessment.

Members can access the assessment by logging into the ARBenefits Member Portal account at www.ARBenefits.org. Covered spouses will need to log into their own ARBenefits account if they need to complete the online health assessment. The online health assessment must be completed prior to 11:59 pm Central Time on October 31, 2018.

**Tobacco Cessation...if necessary**

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

There are two ways to satisfy the requirements:

1. 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. Your first counseling session must be completed prior to October 25, 2018 (no exceptions) to complete the requirement. Appointments are filling up fast. If you call after October 17, 2018, GuidanceResources cannot guarantee that you will be able to complete your telephonic coaching prior to the October 31st deadline.

2. Members may participate by using the online program. This can be done by logging into your ARBenefits account and clicking on the link for GuidanceResources®. The online program does not include coverage of cessation aids. The online Tobacco Cessation Program closes October 31, 2018 at 11:59 pm Central Time.

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.
HSAs Have Never Been Easier

Congratulations! The State of Arkansas has made the switch to the country's leading independent administrator for Health Savings Accounts (HSAs), ConnectYourCare. It's a great time to transition to a new and improved HSA solution. School Districts that transition to ConnectYourCare (CYC) will continue to have their district’s administrative fees covered by the State of Arkansas for the length of the partnership.

Health Savings Account Benefits

HSAs allow participants to use pre-tax money for their family's health care needs today, while saving and building a nest egg for future health care needs. These accounts offer triple tax savings, are owned by the participant, and never expire.

In addition to standard HSA benefits, an HSA from CYC includes even more user-friendly account benefits, making it easy for participants to get the most out of their accounts.

We make it easy for participants to combine their previous HSA funds into their new CYC HSA. Benefits of the consolidation include:

- One account for all HSA funds, which saves time and eliminates duplicate recordkeeping tasks
- No monthly HSA administration fee, now or down the road
- 24/7/365 Customer Care Line (with bilingual representatives)
- Award winning desktop and mobile app
- Two-way mobile texting for instant balance updates
- Ability to upload and store receipts right from a mobile phone
- HSA Save-It! claim saving feature for those building for the future
- Easy-to-use investment options for additional account growth potential

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Action Needed! Please reach out to your state contact, Jamie Levinsky (JK.Levinsky@dfa.arkansas.gov), to confirm your school's participation. Jamie would be glad to connect you with the team at ConnectYourCare if you have further questions. Please respond by Wednesday, October 17, 2018.