



ARBenefits Bariatric Program Re-Opens February 1, 2021

The 2021 ARBenefits Bariatric Program will be accepting applications beginning February 1, 2021. Act quickly as our program is only available to 300 applicants, and eligible candidates will be selected on a first come, first served basis.

Who Can Apply?

Only ARBenefits members who meet the following requirements can apply. Dependents or spouses are not eligible for this benefit.

Bariatric Program Eligibility Requirements

- Remained an ARBenefits policy holder for at least 1 year as of February 1, 2021
- Obtained a BMI between 36-59 with a weight related comorbidity, or BMI between 40-59 without a comorbidity
- Have no previous bariatric surgery
- Prepared to cover all member cost-share at or before the scheduled surgery date
- Participate in monthly Case Management phone calls Monday- Friday between 8:00 am to 4:00 pm
- Undergo the surgery on or before December 31, 2021
- Continue to be an active employee at time of surgery



How Do I Apply?

Eligible employees may enroll by completing the 2021 Bariatric Enrollment Form in their [member portal](#) and selecting the "Forms" tab located on the right hand side of the page.

How Will I Know If I Have Been Accepted into the Program?

You will be contacted by a member of the Health Advantage Case Management team no later than March 31, 2021 if you have been selected as a potential candidate. Make sure you provide a phone number and email that you check regularly. Add this number to your contacts as the Advantage Case Management team so that you know when they call: 1-800-378-2000. If you are not selected, you will receive an email via your member portal.

What Else Should I Know?

Before applying, please make sure you are aware of all the program requirements. If any or all of these requirements are not fulfilled, your surgery will not be covered by ARBenefits. You may review them [here](#).

Need More Information?

Check out our [website](#) for more information or feel free to reach out to us via phone at 877-815-1017 (press 1, then press 2), or through email at Askebd@dfa.arkansas.gov.





Feeling the Financial Strain of 2020?

New Directions EAP Can Help!

It's very likely that the holidays and COVID-19 might have left a financial strain on you and your family. No matter how affected you are, there is no better time to become more financially responsible and prepared than the start of a new year. It is never too late to start new financial habits, and these tips below from the New Directions Employee Assistance Program (EAP) can help you take your first steps toward reaching your monetary goals.

- **Talk with a financial expert:** EAP offers 30 minute consultations at no cost to you.
- **Take advantage of work/life resources:** Through EAP you can receive support and referrals to local resources for things like rent, low-cost housing, food pantries, utilities, and more.
- **Use a money management app:**
- **Stockpile emergency savings:** Set up automatic transfers to your savings account. Aim to save enough to cover household expenses for six months.
- **Add up your total debt and set realistic goals**
- **Reevaluate your spending every 3-6 months**



Managing your money is an ongoing process, but you don't have to do it alone. With your EAP, you can schedule consultations, access more articles like this, helpful tools (like an emergency savings calculator), assessments and even counseling. Visit eap.ndbh.com and sign in using the company pass-code "arbenefits" to access these resources and much more.

Take Advantage of ARBenefits Resources

ARBenefits offers several medical management resources to help you start off the new year in a healthy way. The best part is they are provided to you at no cost!

- **Chronic Condition Management:** If you have certain conditions including Asthma, coronary heart disease, congestive heart Failure, COPD, chronic pain, high cholesterol, high blood pressure, chronic kidney disease, you are eligible to work one-on-one with a nurse to help you manage your disease. Learn more [here](#).
- **Special Delivery Program:** Take advantage of one-on-one support from a nurse and receive a \$250 check for your participation in the program to be used on anything. Learn more [here](#).
- **Case Management:** You can work with a case manager to receive support and education regarding a difficult illness or injury. Learn more [here](#).
- **Nurse24:** Nurse24 is available 24/7 to answer your medical questions and advise if you should seek further care. Learn more [here](#).

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 1-877-815-1017 (press 1, then 2).

