



# ARBenefits

## Monthly E-Newsletter

### Rate Sheets for the 2020 Plan Year Now Online

Rate sheets for the 2020 plan year are now available online in the Rates section at [www.ARBenefits.org](http://www.ARBenefits.org).

[2020 ASE plan rates](#)

[2020 PSE plan rates](#)

Health insurance open enrollment for the 2020 plan year is scheduled for October 1-31, 2019. Changes elected for open enrollment are effective January 1, 2020.



### Breastfeeding is good for infant's and mom's health

When mothers exclusively breastfeed their newborns for the first six months, infant and mom receive many health benefits. The nutrients in breast milk protect infants from diseases and infections, aid in brain and immune system development and even reduce the risk of childhood obesity. Breastfeeding also decreases the risk of breast and ovarian cancer in moms. **National Breastfeeding Month** celebrates the valuable bonding of breastfeeding between mother and baby. For more information, contact your Special Delivery nurse at **1-800-225-1891 ext. 20225**.

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

## CATAPULT HEALTH HOSTING OPEN CLINICS

Are you looking to complete your wellness screening through Catapult Health? Did you miss your opportunity when Catapult visited your agency or school district? Catapult Health is hosting open clinics for state and public school employees between now and the end of October.

The clinics, hosted on Fridays and Saturdays, are open to all covered active employees and covered spouses. Remember, a checkup through Catapult Health counts as both the participant's required wellness screening and health assessment for the ARBenefits wellness program.

A schedule of Catapult clinics is available in the Health Enhancements section at [www.ARBenefits.org](http://www.ARBenefits.org). The schedule is updated weekly.

Interested members can book an appointment by going to [www.timeconfirm.com/ARBenefits](http://www.timeconfirm.com/ARBenefits). **A limited number of appointments are available at each clinic.**

### Schedule of Open Clinics:

#### SEPT. 14: ROGERS, AR

Fairfield Inn & Suites (4611 W Rozell St.)

#### SEPT. 27: JONESBORO, AR

Courtyard by Marriott (4811 East Johnson Ave.)

#### OCT. 5: CONWAY, AR

Fairfield Inn & Suites (2260 Sanders Rd.)

#### OCT. 5: TEXARKANA, AR

Hampton Inn & Suites (5302 Crossroads Pkwy)

#### OCT. 11 & 12: ROGERS, AR

Fairfield Inn & Suites (4611 W Rozell St.)

#### OCT. 12: JONESBORO, AR

Courtyard by Marriott (4811 East Johnson Ave.)

#### OCT. 12: MONTICELLO, AR

Holiday Inn Express (146 Dearman Drive)

#### OCT. 19: HOT SPRINGS, AR

Hampton Inn (151 Temperance Hill Road)

#### OCT. 26: ROGERS, AR

Fairfield Inn & Suites (4611 W Rozell St.)

#### OCT. 26: LITTLE ROCK, AR

Courtyard by Marriott (10900 Financial Centre Pkwy.)



## Online Health Assessment Reminder

Active employees and covered spouses who use their own physician for their wellness screening must also remember to complete the online health assessment.

The deadline to complete all wellness program requirements, including the online health assessment, is **October 31, 2019**.

The online health assessment can be completed by logging in to the Health Advantage My Blueprint

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

Employees and covered spouses must log in to their own My Blueprint accounts to complete the online health assessment.

A guide to accessing the online health assessment is available in the Health Enhancements section at [www.ARBenefits.org](http://www.ARBenefits.org).

EBD receives a weekly update file from Health Advantage listing

who has completed the online assessment. It can take up to two weeks after an assessment is completed for the ARBenefits system to show the requirement as complete. Members can log into their ARBenefits Member Portal account at [www.ARBenefits.org](http://www.ARBenefits.org) to check the status of their wellness requirements.

*Members who complete their screening through Catapult Health are not required to complete the online health assessment.*

## ASE Voluntary Product Open Enrollment

For state employees (ASE), open enrollment kicks off next month for voluntary products through the Arkansas State Employees Benefit Advisors (ARSEBA).

**Voluntary product open enrollment for ARSEBA products runs September 1 - October 31, 2019. Changes elected during the enrollment period will be effective January 1, 2020.**

Products available through ARSEBA include the coverages listed below.

- Accident
- Critical Illness
- Term/Whole Life
- Dental
- Vision
- Hospital Indemnity
- Cancer
- Short-Term Disability
- Long-Term Disability
- Identity Theft Protection

### Coverage Notes for 2020

- No rate increase for dental or vision coverage for 2020. Dental and vision benefits also remain the same for next year.
- Long-term disability with Unum is guaranteed issue during open enrollment. Guaranteed issue means evidence of insurability is not required to get a policy. This must be requested each year and there are no assurances that this will be available for future years.
- New short-term disability coverage will be through Manhattan Life instead of Aflac. Employees with existing Aflac policies are able to continue that coverage through payroll deduction without change.

ARSEBA representatives will be

visiting state agencies throughout the enrollment period. All employees are encouraged to attend an enrollment session to make sure they are aware of all benefits available to them.

More information regarding ARSEBA products can be found at [www.arseba.com](http://www.arseba.com). Employees can also contact ARSEBA at 1-888-224-5233.

While voluntary product open enrollment runs September 1 - October 31, open enrollment for health insurance, Securian life insurance and Flexible Spending Accounts (FSA) is October 1-31, 2019.



## Proper Care for a Healthy Pregnancy

A healthy pregnancy increases the likelihood of a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. This care can begin even before pregnancy with a preconception care visit to a health care provider.

Women can help foster a healthy pregnancy and birth of a healthy baby by taking the following steps before they become pregnant:

- Develop a plan for their reproductive life.
- Increase their daily intake of folic acid (one of the B vitamins) to at least 400 micrograms.
- Make sure their immunizations are up to date.
- Control diabetes and other medical conditions.
- Avoid smoking, drinking alcohol, and using drugs.
- Attain a healthy weight.
- Learn about their family health history and that of their partner.
- Seek help for depression, anxiety, or other mental health issues.
- Reduce the risk for complications to the fetus and infant.
- Help ensure the medications they take are safe. Women should not take certain medications, including some acne treatments and dietary and herbal supplements during pregnancy because they can harm the fetus. Women can consult with their physician regarding their medications.

### Prenatal care

Women who suspect they may be pregnant should schedule a visit to their health care provider to begin prenatal care.

With regular prenatal care women can:

- Reduce the risk of pregnancy complications.

Learn more about prenatal and preconception care [here](#).

Source:

*Eunice Kennedy Shriver National Institute of Child Health and Human Development*



### **Special Delivery program educates moms-to-be**

It's impossible to plan for all the ways that babies change families. However, expectant mothers can plan for a safe birth. Your ARBenefits health plan offers Special Delivery, a free maternity education program. Moms-to-be who enroll in the program receive health assessments and education, along with information on optional coverage for high-risk pregnancies. Once enrolled in the Special Delivery program, each participant is assigned an obstetrics (OB) nurse who specializes in high-risk pregnancy care. To promote continuity of care, the nurse will work with the expectant mother throughout her pregnancy. You can enroll online through My Blueprint or call **1- 800-225-1891 ext. 20225**.



### Special Delivery Program Incentive

Members who are expecting can enroll in the Health Advantage Special Delivery program at no extra cost. The program provides education and support to assist members with a healthy pregnancy. Members who enroll by 20 weeks gestation are eligible to receive a \$250 incentive upon completion of the program.

Special Delivery is available to all covered members who are pregnant.

### Breast Pump Benefit

The ARBenefits plan offers a benefit of \$160 towards the purchase of a breast pump and supplies. Members can contact Health Advantage at 1-800-482-8416 for more information on how to take advantage of the benefit.



## Avoid Procrastination at Work

Sometimes it's easier to put your responsibilities aside when you feel overwhelmed, overworked or distracted by more enjoyable pursuits.

However, when you postpone too many projects, your life can feel disorganized and out of control. Here are some tips to avoid procrastination as you learn to focus on the tasks at hand.

- Make a commitment to yourself to complete your tasks on time. Motivate yourself to get your work done by listening to music or giving yourself a pep talk.
- Visualize what it will take to complete each item on your list. Imagine what you'll be able to do once that task is complete and off your checklist.
- Break your projects into short-term and long-term tasks to help you manage your time.
- Limit your checklist to 10 items per day and address the most important items first.
- If necessary, delegate your responsibilities to others.
- Celebrate when you meet deadlines. A short break, a

night out or even a major activity can help you prepare for the next project.

Remember, if you're having a problem with time management, there are easy solutions to correct the situation. You can get your life in order and your work done on time.

Connect with your Employee Assistance Program (EAP) to learn how to focus at work, balance your responsibilities, navigate big life changes and more.

*Source: Life Advantages, Delvina Miremadi ©2019*

New Directions offers free live webinars every month. Webinars for the month of August include Dealing with Difficult Coworkers and Managing Difficult Employees. Sign up for the webinars by clicking the link below or by visiting [www.ndbh.com](http://www.ndbh.com).

Click [here](#) to sign up for a live webinar.

Pre-recorded webinars are also available each month by clicking [here](#).



**Connect With New Directions Today!**



Call the Helpline  
**1-877-300-9103**  
Available 24x7



Online  
**[www.NDBH.com](http://www.NDBH.com)**

- ▶ Visit [www.NDBH.com](http://www.NDBH.com);
- ▶ Select the Log In icon;
- ▶ In the Individuals and Families tab select Employee Assistance Program;
- ▶ Enter 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.