Get Healthy in 2024

Improve your overall health this year!

Did you know that improving your overall health can potentially save you money on your medical costs? How?

- Eat healthy and control your portions
- Exercise regularly
- Get more sleep
- Set realistic goals

Employee Benefits Division is now on Facebook!

Make sure to like and follow our Facebook page for important Employee Benefits information.

All posts pertaining to active members will be highlighted green.

Remember, all deductibles and out-of-pocket limits have reset! If you are on the Classic Plan, your deductibles have changed. Learn more at transform.ar.gov/employee-benefits/.
February is Heart Health Month
Focus on your cardiovascular health! Get a regular checkup, reduce stress, and eat more fruits and veggies to help your heart.

March is Colorectal Awareness Month
1 in 24 people will be diagnosed with Colorectal Cancer in their lifetime, but getting regular checkups starting at 45 could help catch it early!

New Services with Colonial Life

- **Employee Assistance Program (EAP):** The new, expanded EAP provides you with mental health help when you need it. Learn more at [www.ColonialLife.com/EAP](http://www.ColonialLife.com/EAP).

Navitus is our new Pharmacy Benefit Manager! Sign up for the Navitus Portal to track your prescription costs and your Navitus claims.

Sign into the Blueprint Portal and track your claims with Health Advantage, find providers in your area and get your digital ID card!

Questions? Contact us today!
Email: Ask.EBD@arkansas.gov
Member Services: 877-815-1017