



ARBenefits E-Newsletter

2022 - Quarter 3

What Time is it? Open Enrollment Time!

The 2023 Active Employee Open Enrollment period is **October 1-31, 2022**. You can enroll or make changes to your coverage for the upcoming year during this annual period. During Open Enrollment, you can:

- Change your Plan level
- Add or drop dependents
- Enroll in a Health Savings Account (HSA) or Flexible Spending Account (FSA)
- Choose to have your premiums deducted on a post-tax basis, as premiums are automatically deducted pre-tax.

The best part is that you can make all these changes online at my.arbenefits.org.

[Learn more here](#)

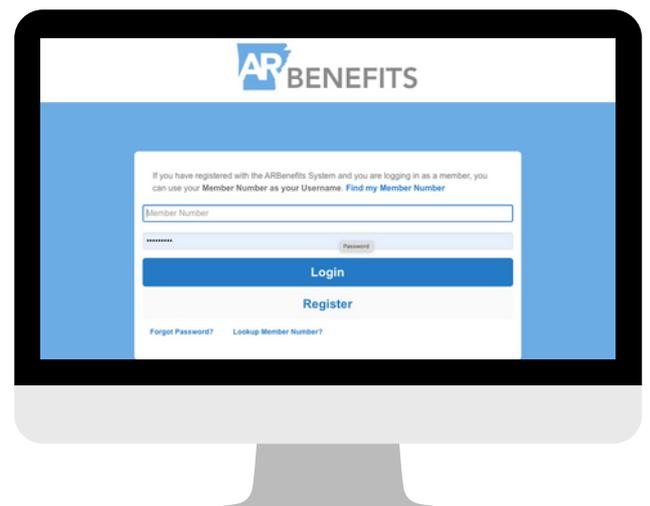
Take Advantage of the MyARBenefits Portal

The MyARBenefits portal makes enrolling and uploading documents a breeze! When you enroll online, you receive instant confirmation that your selection(s) have been received. Additionally, you will be prompted to upload any necessary documentation.

You can always send necessary documents outside of Open Enrollment to Employee Benefits Division (EBD) through your ARBenefits account. Just click the "Document" tab and upload your documentation under the "Upload Documentation" tab.

If you do not have an account, you can register by clicking the "Register" button on the login page. If you can't remember your ARBenefits Member ID Number you can click "Lookup Member ID Number."

[Learn more here](#)



Stay Up to Date with EBD!

EBD has two new advisory commissions that will provide recommendations to the Board of Finance. Visit our [website](#) or sign up to receive emails to stay in the know!

2023 Premiums Are Now Available

It is essential to know the monthly costs for health coverage when considering Plan options. The 2023 rates are now available on our website, but you can also view them below.

Beginning in January 2023, all members will pay premiums at the same rates regardless of wellness. Members will not be asked to meet any wellness requirements, as EBD is reevaluating the wellness program and may issue additional terms in future years.

[Arkansas State Employee 2023 Rates](#)

[Public School Employee 2023 Rates](#)

Start Setting Aside Money for Tomorrow's Expenses!



A Health Savings Account (HSA) and a Flexible Spending Account (FSA) are great ways to set aside pre-tax money for future medical expenses. Public school employees should check with their district regarding HSAs and FSAs.

HSA: To be eligible for an HSA, you must be enrolled in the Basic or Classic Plan. Some other features include:

- Your account remains accessible to you forever
- Contributions can be adjusted at anytime

FSA: You must be on the Premium Plan to qualify, funds over a certain amount do not roll over, and you must re-enroll each year. There are three different types of FSAs to help different needs:

- Medical FSA: can be used on eligible medical expenses
- Dependent Care FSA (or DCAP): for daycare and elder care
- Limited Purpose FSA: can be paired with an HSA for dental and vision expenses

[Learn more here](#)

Find the Right Provider

You are no longer required to receive a wellness visit, but it is still a good idea to visit a doctor annually to ensure your health is headed in the right direction. It is equally important to find the right primary care provider.



You can do this by logging into your [Blueprint Portal](#) and selecting "Find Care."

Follow and like the Department of Transformation and Shared Services on social media!

