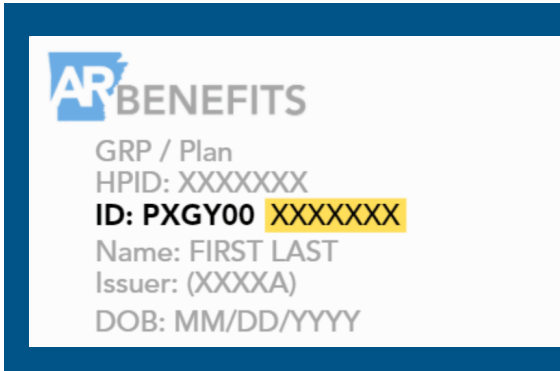




ARBenefits Newsletter

Q1 | 2024 | Retiree

NEW MEMBER ID CARDS



Be on the lookout for your new Member ID card! If you made plan changes during Open Enrollment, watch your mailbox for your new Member ID card. You will receive a Member ID card from ARBenefits if you selected an ARBenefits Primary plan. If you selected the ARBenefits Group MAPD Plan, you will receive your card from UnitedHealthcare.

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

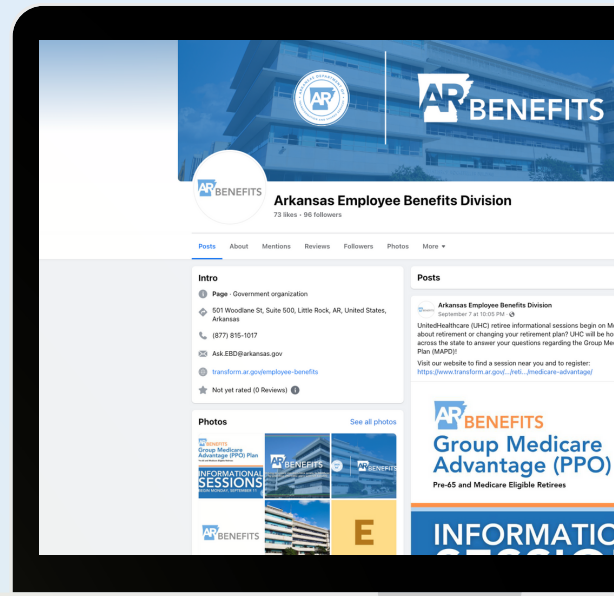
1 in 24 people will be diagnosed with Colorectal Cancer in their lifetime, but getting regular checkups starting at 45 will help catch it early!

EBD is on Facebook!

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

All information about retirees will have the signature orange on the post!

[FOLLOW EBD HERE](#)



Remember that all deductibles and out-of-pocket limits have reset for non-Medicare retirees. Learn more at transform.ar.gov/employee-benefits/.

There's an app for that!

Download the United Healthcare or Health Advantage app to see latest claim information, review plan materials, see your insurance card, and more!

United Healthcare



Health Advantage



To scan a QR code, simply point your smartphone camera at the code and click the link that pops up.



Questions? Contact us today!
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