



ARBenefits Newsletter

Q4 | 2023

OPEN ENROLLMENT IS HAPPENING NOW!

ATTENTION

You can change your Plan level, cancel coverage, add a dependent and more!

Do you need to make changes to your medical insurance coverage? If so, the time to do that is from October 1st through midnight, October 31st. If you do not need to make changes, there is no need to submit anything! Just sit back and relax.

Questions? Speak with your HIR or contact EBD at 1-877-815-1017 or Ask.EBD@arkansas.gov. You can access the Member Portal to understand the rates for your 2024 selection. Remember, all submissions are FINAL! Changes will be effective January 1, 2024.

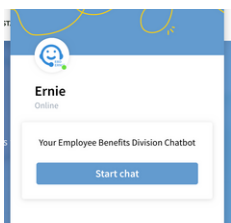
[Click here to access the Member Portal](#)

October is Breast Cancer Awareness Month!

Now is the time to schedule your annual mammogram and update yourself on the common breast cancer symptoms. Do monthly self-exams in front of the mirror, in the shower, or lying down.

Boosters & Vaccines

Cold and flu season is fast approaching! Make sure to get all your doctor-recommended boosters and vaccines to protect you from viruses such as the flu and RSV.



Do you have questions on where to find information on our webpage? EBD Ernie can help!

You can find EBD Ernie (the EBD chatbot) on the bottom right-hand side of the [EBD webpage](#).

DON'T LET THE HOLIDAY SEASON CAUSE YOU STRESS

There are Employee Assistance Program offerings with Colonial Life and New Directions. You can speak with a counselor FREE of charge or read all the ways to have a stress-free holiday.

Visit <http://eap.ndbh.com/> and enter the code *ARBenefits* to find resources on stress management.



eap.ndbh.com
(Code: ARBenefits)



1-877-300-9103

Start your New Year's *resolutions* today!

Why wait for January 1st to begin your weight loss journey? Below are two easy tips to help you get started.

- Create a healthy plate. The more colorful, the better!
- Move around during holidays: take a walk after eating, throw the football, get to the gym.

A bonus is that it could help you lower your medical costs!



The 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 have the signature green on the post!

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



Questions? Contact us today!

Email: Ask.EBD@arkansas.gov
Member Services: 877-815-1017