



# ARBenefits Newsletter

Q1 | 2024

## NEW MEMBER ID CARDS



GRP / Plan  
HPID: XXXXXXX  
**ID: PXGY00 XXXXXXX**  
Name: FIRST LAST  
Issuer: (XXXXA)  
DOB: MM/DD/YYYY

Be on the lookout for your new Member ID card if you changed Plans! All members on the Classic Plan will receive a new card due to deductible changes.

## 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?

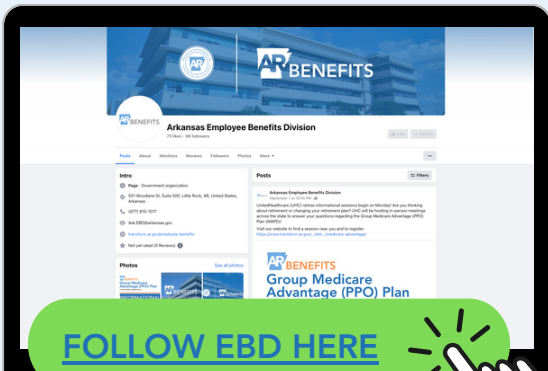
- Eat healthy and control your portions
- Exercise regularly
- Get more sleep
- Set realistic goals



## 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.



[FOLLOW EBD HERE](#)

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/](https://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).
- **Knowledge of Financial Education (KOFE):** New financial education resources, including a dedicated financial counselor, available at [www.ColonialLife.com/KOFE](http://www.ColonialLife.com/KOFE).
- **LawAssure:** Learn an easy way to manage your basic legal affairs at [www.LawAssure.com/register](http://www.LawAssure.com/register). Registration Code: LA1739 Identity Code: 41689



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

[SIGN UP HERE](#)



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

[SIGN UP HERE](#)

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



[Questions? Contact us today!](#)

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