



ARBenefits Newsletter

Q4 | 2024 | Active

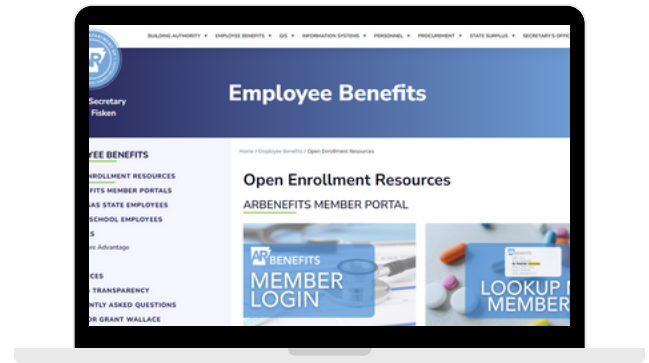
OPEN ENROLLMENT IS HAPPENING NOW!

Visit the Open Enrollment Resources page on the EBD website to learn more about your options.

If you need to make changes to your insurance plan, Open Enrollment is going on from October 1-31.

You can use your member portal to make your changes.

If you do not need to make changes, then you do not have to do anything.



CLICK HERE



HOLIDAY STRESS? YOUR EAP CAN HELP!

Deal with holiday stress this season by accessing support through eap.ndbh.com using the code "ARBenefits".

Whether you're coping with grief, loneliness, family dynamics, loss, high expectations, or anxiety, resources are available to help you navigate these challenges and find balance during this time.



Scan the QR code or click [HERE](#) to access our Facebook page

Employee Benefits Division is on Facebook!

Follow us for helpful information about your ARBenefits plan, updates to the plan and EBD, and special events like Open Enrollment.



Cold & Flu Season is Here

Make sure to get all of the necessary vaccines and boosters you need to stay healthy this season!

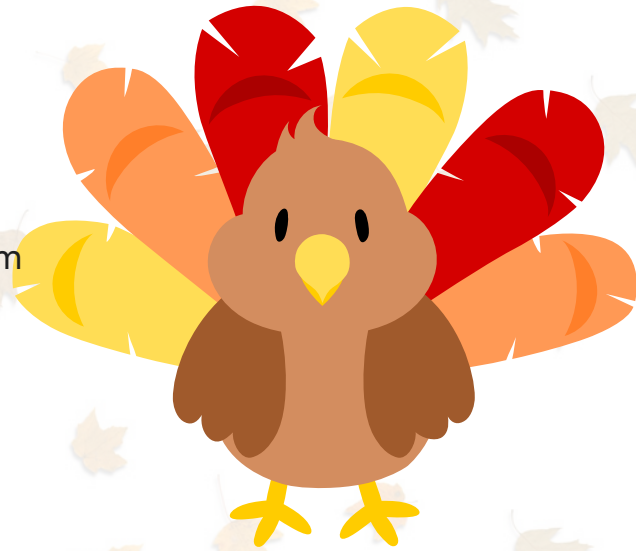
October is Breast Cancer Awareness Month

- Schedule a mammogram
- Know how to do a self-check
- Know your history



Safety tips when deep-frying your turkey on Thanksgiving

- Do not leave your fryer unattended
- Put your fryer on level ground at least 10 feet from anything flammable
- FULLY thaw and pat dry your turkey
- Do not over fill your fryer with oil
- Wear protective clothing and eye protection



Happy Holidays



from all of us at ARBenefits!

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