



ARBenefits Newsletter

Q1 | 2025 | Active

AR BENEFITS

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



NEW

Look out for new cards coming!

Only those on the Classic plan and those who made changes during Open Enrollment will get new cards *automatically*, no need to contact EBD. If you need your Member ID card before it arrives in the mail, log on to the Member Portal to print temporary cards at <https://my.arbenefits.org/portal/login/LoginPage?0>.

 **HealthAdvocate**SM

LucetTM

Take advantage of the Employee Assistance Programs in 2025

With the EAPs offered you have:

- Counseling for a number of issues
- Unlimited phone support and online chat
- Mental health resources
- Work/Life balance
- College Prep
- Adult & Child day care finder
- Legal & Financial resources
- Recipes

Optum

If you are a new FSA or HSA enrollee with Optum, your card will be in the mail early January.



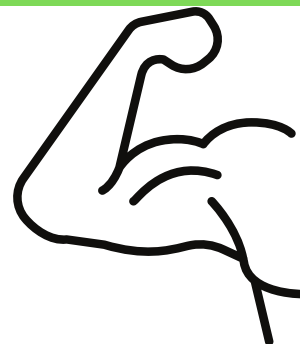
The General Session begins January 13

Follow the Session at <https://www.arkleg.state.ar.us/>



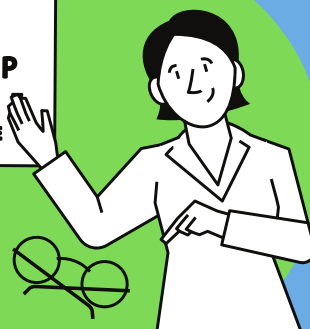
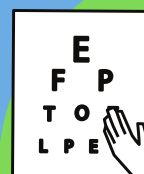
Get healthy in 2025

- Boost brain health
- Get more sleep
- Get more exercise
- Limit stress
- Clean up your diet
- Focus on mental health



Take care of your eyes in 2025

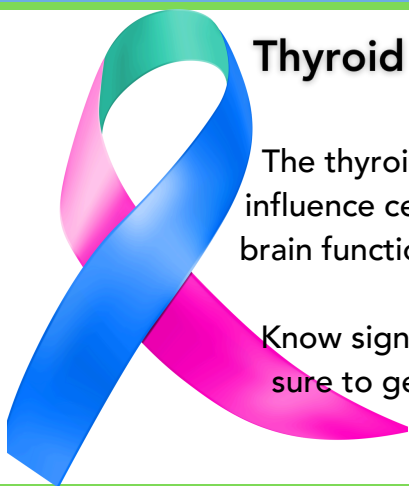
- March is Workplace Eye Wellness Month
- Get blue light filters
- Curved monitors are better
- Get your eyes checked



Thyroid Awareness month is January

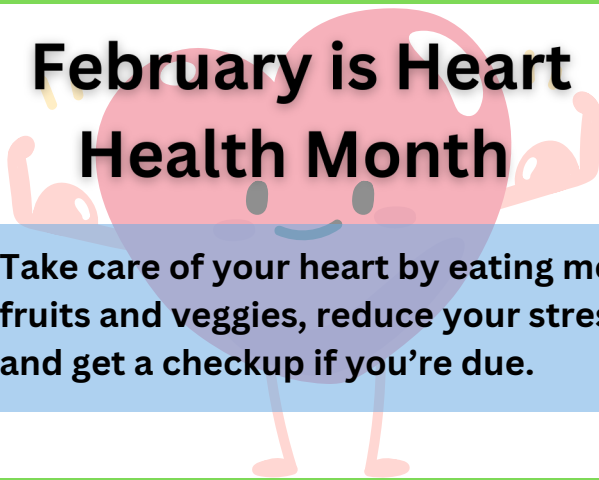
The thyroid produces hormones to influence cells for body maintenance, brain function, digestion, metabolism, and more.

Know signs of any issues and make sure to get enough iodine in your diet!



February is Heart Health Month

Take care of your heart by eating more fruits and veggies, reduce your stress, and get a checkup if you're due.



Follow us on Facebook for helpful information about your ARBenefits plan and EBD updates!

Scan the QR code or click [here](#)



[Questions? Contact us today!](#)

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