



ARBenefits Newsletter

Q2 | 2025 | Active

Considering retirement?

When you are ready to retire, you must inform your respective retirement agency (APERS, ATRS, VALIC/TIAA Creff, ASHRS, or AJRS) and then contact ARBenefits to select your retiree medical insurance.



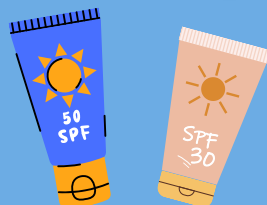
Find the right family doctor or primary care physician is a key step towards a healthy lifestyle. They take care of basic sickness but can also early detect major problems.

Studies show people with a PCP are happier and have lower health costs.

If you need help finding one sign in to the [blueprint portal](#) to find an in-network doctor near you.

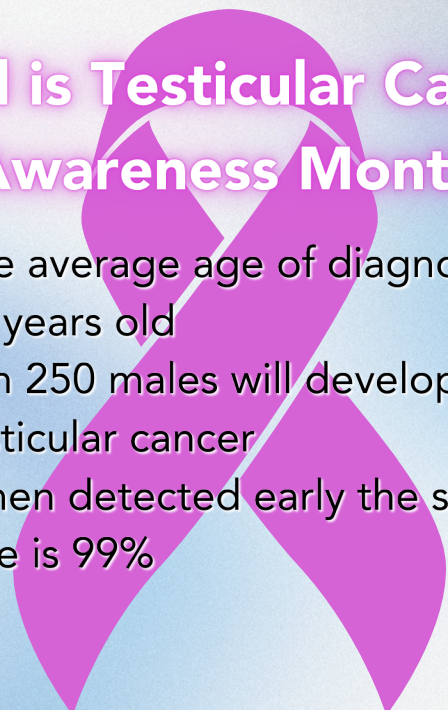
As the cold dissipates, make sure you're sun ready this spring.

- Seek shade
- Use sunscreen (at least SPF 30)
- Wear sunglasses and other protective clothing



April is Testicular Cancer Awareness Month

- The average age of diagnosis is 33 years old
- 1 in 250 males will develop testicular cancer
- When detected early the survival rate is 99%



Need help to stop smoking?

The ARBenefits plan gives you 2 quit-smoking attempts annually at no cost so you can kick the habit.

Contact the Navitus Customer Care team for more information at 844-684-2438



Case Management

Do you have a long-term injury, illness, or complex medical condition? The Case Management benefit is included at no additional cost to help you get more holistic care.

There are also oncology specialists who can assist with cancer treatments. For more information and to sign up, call 1-800-225-1891.



May is Better Sleep Month

Getting 7-9 hours a night can help you maintain a healthy weight, allow you to concentrate, feel energized, and protect your long-term health.

In May, prioritize your sleep so you are a more productive and healthy you!



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