



# ARBenefits Newsletter

Q1 | 2025 | Retiree

# 2025

If you changed plans during Open Enrollment, you will be getting new cards soon.

Non-Medicare retirees deductibles and out-of-pocket limits reset.



## Live healthy in 2025!

- Boost brain health
- Get more sleep
- Move around
- Add more fruits, veggies, and protein



## Get active in the gym this year!



Free gym memberships across network of gyms. Log in to your UHC account to find gyms in your area.



Health Advantage

Blue365deals.com has gym and online membership options. There are also on-demand virtual classes.

### 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.

# The General Session begins January 13

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



## Make sure your contact information is updated!

Log in to your ARBenefits account OR your UnitedHealthcare account and update any contact information so you don't miss anything from EBD.



## United Healthcare®

Don't leave money behind!  
Earn money with UHC by getting your annual physical, the Active Renew program, and House Calls!



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](mailto:Ask.EBD@arkansas.gov)



Member Services: 877-815-1017