



ARBenefits Newsletter

Q2 | 2025 | Retiree

Thinking of
coming back to
work for the state
or public schools?

If you are NOT on Medicare,
then you can remain on your
ARBenefits retirement plan.

If you are Medicare eligible, then
you MUST enroll on to the
Active ARBenefits plan.

**DO NOT CANCEL
YOUR RETIREMENT
COVERAGE!**

Manage diabetes with



You have a \$0 copay for the following:

- Diabetes monitoring supplies: Accu-Chek and OneTouch brands for glucose monitors, and test strips
- Medicare covered Continuous Glucose Monitors (CGMs) and supplies
- Diabetes self-management training
- Therapeutic shoes or inserts

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%

May is Arthritis Awareness Month

- Arthritis is the leading cause of disability in America
- There are 100 different forms
- To help fight arthritis you can add tart cherries, colorful vegetables, seafood, walnuts, and garlic to your diet



Get more peace-of-mind with a



Personal Emergency Response System

Visit retiree.uhc.com/ARBenefits for more information

Do I need a Part D plan?



State Employees: No
School Employees: Yes

State Employees: No
School Employees: No

Contact EBD if you have any questions.



Dental and Dental/Vision plan available for School and State employees through Delta Dental:

- Preventative and diagnostics
- Basic and major restorative services
- Vision exam annually
- Frame and lenses
- Laser vision correction

Contact ARSEBA at 888-224-5233 for more information.



ARSEBA



Get fit both physically and mentally this spring!



- Regular exercise
- Healthy diet
- Routine check-ups
- Adequate sleep
- Limit sun exposure

- Stay socially connected
- Stress management
- Pursue hobbies & interests
- Seek support if needed



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