



ARBenefits Newsletter

Q4 | 2024 | Retiree

RETIREE OPEN ENROLLMENT IS COMING UP



If you want to switch your ARBenefits plan, then Open Enrollment is the time to do so. Open Enrollment is from November 1-30.

Visit our [Retiree Open Enrollment Resources](#) page to learn more.

If you are not making changes, you do not have to do anything.

MAPD Group Advantage Plan

Meetings will be in person and online. Online meetings will be through Webex.com.

In-person locations are Hot Springs, Benton, Little Rock, Rogers, Elm Springs, Cabot, and Greenbrier.



[Click here for more information](#)

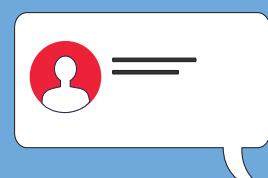
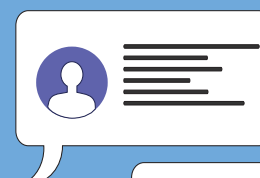
Fried Turkey Safety



- 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

Live chat with United Healthcare!

1. Visit retiree.uhc.com/ARBenefits
2. Click 'Chat now' button on the right side of screen
3. A new 'Message us' box will open
4. Type out your question in the gray box at the bottom
5. A UHC representative will then assist you



Earn money with the UnitedHealthcare MAPD Plan

- Earn \$50 Visa Reward Card when you complete a HouseCall visit
- Complete an annual wellness visit for a \$50 reward
- Earn \$10/month by Get Moving
- \$40 credits are loaded to a prepaid card and your account every quarter to use on over-the-counter products.
- Learn more at retiree.uhc.com/arbenefits

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



Happy Holidays

from all of us at ARBenefits!

EBD is on Facebook!

Make sure to like and follow our Facebook page for important Employee Benefits information.

All information about retirees will have the signature orange on the post!

Follow EBD on Facebook at www.facebook.com/ArkansasEmployeeBenefitsDivision



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

Follow Transformation & Shared Services



Questions? Contact us today!

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