



# ARBenefits Newsletter

Q1 | 2026 | Active

## January blues and holiday burnout are REAL

Mental health support is part of your benefits and using it is a strength, not a weakness!

- Manage your stress
- Use the EAP for what you need
- Don't try to do everything
- Focus on things that truly matter
- Take small breaks throughout the day

## Make the resolution to take care of YOU in 2026

Burnout is not a job requirement. Your health matters both on and off the clock. These are some things you can try this year.

- Stop trying to power through EVERY thing
- Know your stress triggers and manage them
- Take your breaks this year
- Get more quality sleep
- Use the EAP if you need it!

## Staying home when you are sick is not slacking. It's saving your team!

Stay home from the office if you are:

- Running fever
- Have been exposed to sickness
- Have body aches

Come back when:

- Fever-free for 24 hours
- You don't feel like you're "pushing through"
- Symptoms are improving



Heart disease is not just an "old people's problem." It affects busy people who tend to put themselves last. Heart Health Month in February is a good time to get in tune with your ticker!

- Keep blood pressure & cholesterol in checks
- You don't need a gym membership to move around
- Know your family history
- Start eating more heart healthy

## The Arkansas Drug list can be found on the EBD website

The drug list is updated regularly, so you can ensure your medications are covered under the ARBenefits plan.

If you have a copay, it will also let you know which tier they fall under.

Visit [sas.arkansas.gov](http://sas.arkansas.gov) and look under the '[Pharmacy Benefits](#)' heading



## Remember to spring forward on March 8



Remember, you get **15** chiropractic visits covered annually. Benefits of regular chiropractic care include:

- Back & neck pain relief
- Improved mobility
- Posture support
- Headache & tension relief
- Joint & nervous system support

## March is the time to schedule a colorectal cancer screening, which is highly recommended for those 45 and over.

- Arkansas' rate of colorectal cancer is higher than the national average
- On average, 1,500 Arkansans are diagnosed with colorectal cancer annually
- When detected early, the 5-year survival rate jumps exponentially
- Only 56% of Arkansans aged 45-75 report being up to date on recommended colorectal cancer screenings

Colorectal cancer screenings are covered by the ARBenefits plan. Discuss your options with your doctor



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