



ARBenefits Newsletter

Q4 | 2025 | Retiree

EBD Retiree Open Enrollment is in November

- ✓ During Open Enrollment, you will be able to change your state retirement health plan.
- ✓ The EBD open enrollment period is November 1-30, 2025
- ✓ EBD will not call you to sell you a plan. Before you agree to anything, contact us at 1-877-815-1017 or Ask.EBD@arkansas.gov



To see what both plans offer to meet your needs, visit us [HERE](#).



Employee Benefits Division in-person visitors and your guests are now *required* to schedule an appointment before arrival.



501-682-5502



ARbenefits.appointment@arkansas.gov

Want to know more about the MAPD Group PPO Plan?

- | | |
|--------------------|----------------|
| 10/28: Hot Springs | 10/23: Virtual |
| 10/29: Greenbrier | 11/3: Virtual |
| 10/30: Little Rock | 11/10: Virtual |
| 11/5: Jonesboro | 11/11: Virtual |
| 11/6: Rogers | 11/12: Virtual |



Visit the [EBD Website](#) to learn more and find login information for virtual meetings.

Defend against cold & flu season



Get any vaccines or boosters your doctor may recommend



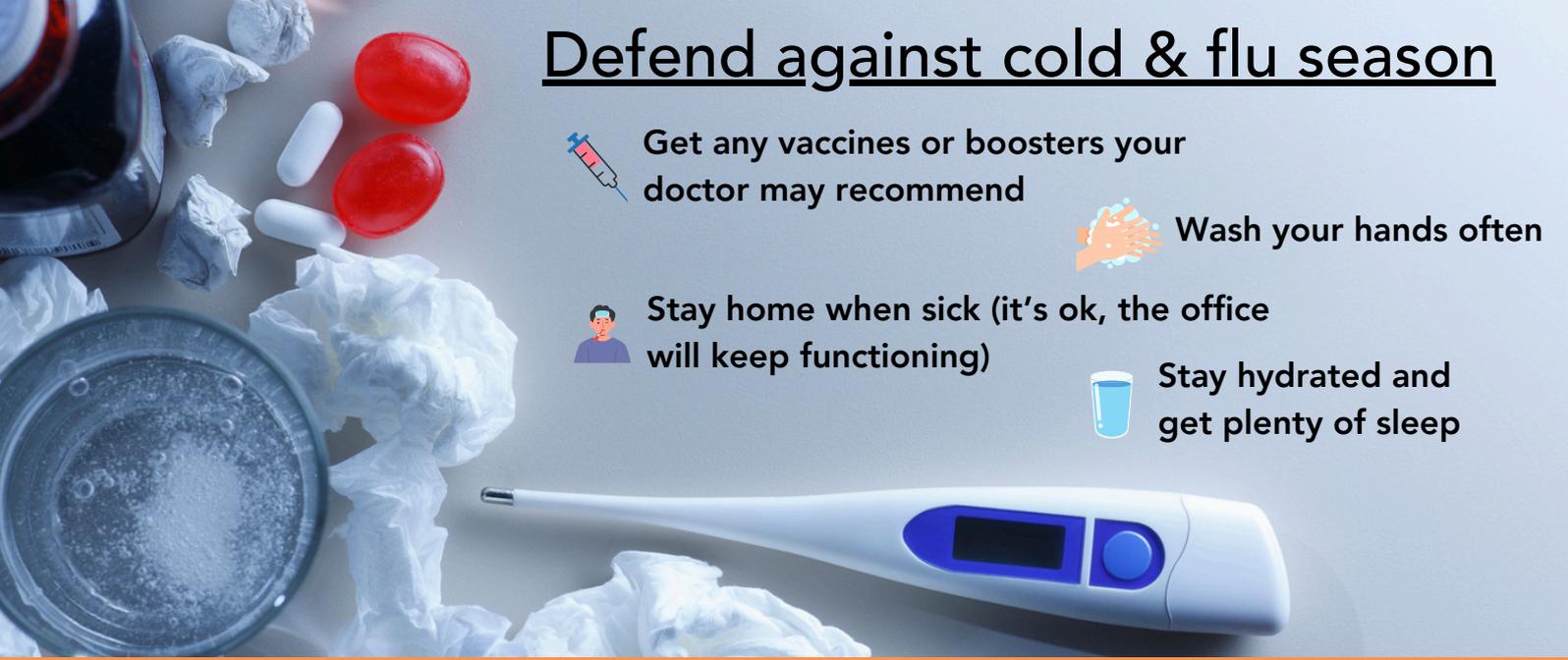
Wash your hands often



Stay home when sick (it's ok, the office will keep functioning)



Stay hydrated and get plenty of sleep



October is Substance Abuse Awareness Month

Find a better way by:

- Understanding your triggers
- Limiting stress
- Find healthier outlets
- Get help by visiting your health plan's assistance program (Health Advantage or UHC)



Breathe Easy

November is COPD Awareness Month, which is the perfect time to:



Quit smoking



Consult your doctor if coughing lingers too long



Stay active



Happy Holidays

From all of us at the Employee Benefits Division



Follow us on Facebook for helpful information about your ARBenefits plan and EBD updates.

Click the logo to find us!

Questions? Contact us today!



Email: Ask.EBD@arkansas.gov



Member Services: 877-815-1017