

ARBenefits Newsletter

Q1 | 2026 | Retiree

Get healthy in 2026!

Skip the crash diets and extreme workout resolutions.

A better New Year habit? **Preventative Care!**



Schedule an annual visit (it's covered!)



Get those screenings you've put off



Stay up to date on vaccines

Need Care Quickly?

If you have a sudden health need that isn't an emergency and you can't your primary care provider, the UHC Group Medicare Advantage Plan gives you options:



- ✓ Virtual visits
- ✓ Telehealth
- ✓ Urgent care



To learn more visit <https://sas.arkansas.gov/employee-benefits/retirees/medicare-advantage/>

Mental Health Still Matters in Retirement

Retirement changes your schedule and your social circle. Staying mentally well matters just as much as staying physically well.



Stay connected to friends and family



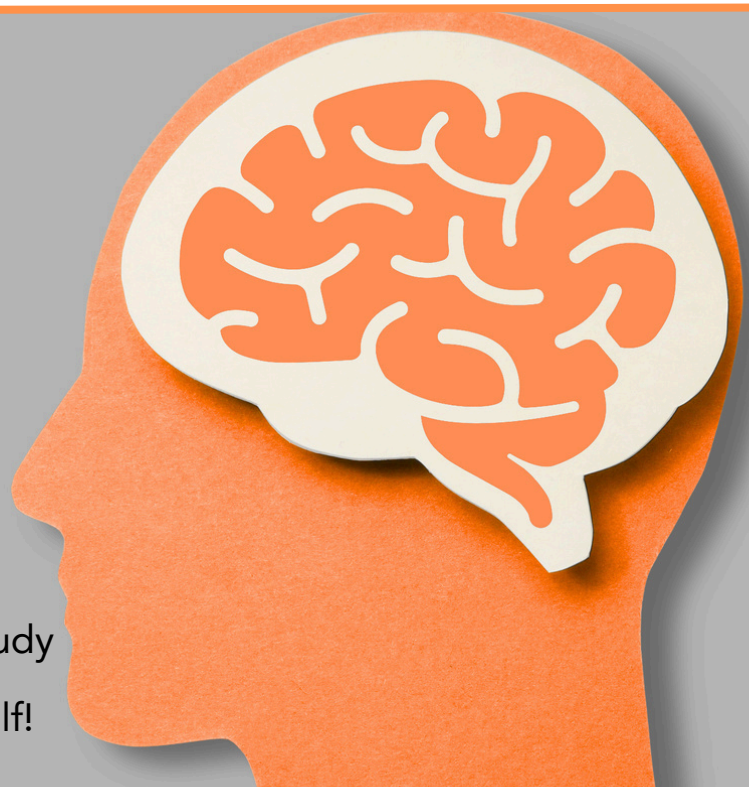
Find a creative hobby



Talk to someone when things feel cloudy



Play cards and games, even by yourself!





Moving just a little can make you feel a lot better!

You don't need a new workout routine. You just need a little more movement.



Short Walks



Light Stretching



Chair Exercises



Chores Around the House

You don't need a gym or an hour-long routine. You just need to move around!

If you are on the Health Advantage Medicare Primary Plan, it will coordinate as if you have Medicare Part A & B. If you do not have Part B, the plan will pay as if you do, but you will be responsible for any incurred claims.



Health Advantage

Your payment WITH Part B

Office Visit: \$150
Medicare Approved: \$110
Medicare Payment: \$88
Medicare Write-Off: \$40
ARBenefits Payment: \$22
Member Amount Due: \$0

Your payment WITHOUT Part B

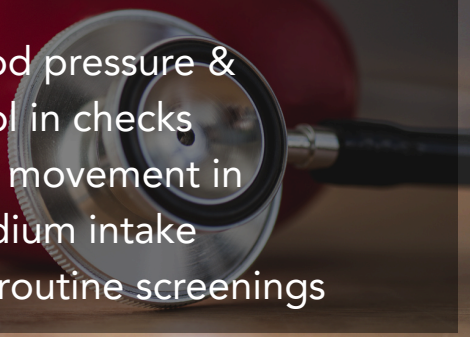
Office Visit: \$150
Medicare Approved: \$110
Medicare Payment: \$0
Medicare Write-Off: \$40
ARBenefits Payment: \$22
Member Amount Due: \$88



February is Heart Health Month

Heart health isn't about extremes, it's about small, steady choices for the good of your heart.

- Keep blood pressure & cholesterol in checks
- Get some movement in
- Watch sodium intake
- Schedule routine screenings



March is Brain Injury Awareness Month

Falls are the leading cause of traumatic brain injuries for older adults and many are preventable.

Vision & hearing matter...get them checked!



Get your home safer by removing loose rugs, using non-slip mats in the bathroom, and improving lighting

After a fall or bump, be aware of headaches, dizziness, or changes in balance. When in doubt, get checked out!



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Questions? Contact us today!



Email: Ask.EBD@arkansas.gov



Member Services: 877-815-1017