

ARBenefits News Monthly

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Skin Cancer Awareness Month



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The month of May is skin cancer awareness month. Skin cancer is the most diagnosed form of cancer in the United States.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. While most over exposure to UV rays comes from the sun, manmade sources that include tanning beds and sun lamps also can lead to over exposure to UV rays.

Skin cancer can be caught early. Some signs of skin cancer may be:

- * any change on your skin, especially in the size or color of

a mole, growth, spot, or a new growth (even if it has no color)

- * Scaliness, roughness, oozing, bleeding, or a change in the way an area of skin looks.
- * A sore that does not heal
- * The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- * A change in sensation, such as itchiness, tenderness, or pain

In addition to avoiding long

exposure to intense sunlight, there are ways to enjoy the outdoors and stay sun safe.

Some ways you can protect yourself include:

- * Wearing protective clothing
- * Using Sunscreen with an SPF of 30 or higher
- * Wearing a wide brimmed hat along with wrap-around sunglasses.

Resources:

www.cancer.org

Remember Forms and Addresses

It is important for members and Health Insurance Representatives (HIR) to use updated forms when submitting changes to EBD.

This goes for submitting changes to your health insurance policy as well as with any voluntary products that you may have.

Up-to-date forms can be found at www.ARBenefits.org in the Forms & Publications section.

In addition, if you have moved recently, please be sure to update your current address that EBD has on file.

Active employees can update their address with their district/agency Health Insurance Representative. Retirees can fill out the top portion of the Retiree Election Form and mark the change of address, or they can send a letter requesting the

address change by mail or fax to (501) 682-1200.

Materials will be sent out this summer including letters to active employees on whether or not they have currently met the requirements for the 2016 wellness discount.

Make sure that your address is up-to-date so you do not miss out on receiving any important information.

Mental Health Awareness

Mental illness is an issue that affects individuals, families and communities worldwide. According to the National Mental Health Association (NMHA), mental illness is more common than cancer, lung and heart disease combined. Caring for your mental health is vital to healthy living: untreated mental illness can complicate physical disorders and lower one's quality of life.

Through increasing the public's awareness and education of mental health issues, more support can be given to those in need.

To sustain and increase your own mental health, use these daily suggestions from the NMHA; each can help to maximize your mental, and physical, health.

Improve your mental health by doing the following:

Sunday: Relax. Spend time with loved ones or alone; read a book, meditate, garden or take a walk. Relaxing can help you open your mind and restore your energy for the week ahead.

Monday: Plan. Scheduling out the week's activities now helps you stay on track throughout the week. Then, you can concentrate on the tasks at hand, not worry about the planning.

Tuesday: Find support. Supportive people, whether they be friends, family or members of a group, can help you reconnect with memories, and create new ones.

Wednesday: Be physically healthy. Diet, exercise, moderation and rest all help to keep your mind healthy.

Thursday: Help others. Volunteering and assisting others makes you feel good about yourself and about the act of giving back. Share your interests, strengths and compassion with others.

Friday: Expand your interests. New hobbies, new places and new experiences all help to keep you mentally alert while stimulating your mind.

Saturday: Enjoy yourself. Focus on appreciating your strengths and avoid self-criticism. Take pride in your accomplishments, and reflect on how good it feels to be happy with yourself.

GuidanceResources®, your EAP provider, can assist employees and their families with mental health by receiving over the phone counseling, or by locating a provider in your community for face-to-face assistance.

Resources:

GuidanceResources®:

www.guidanceresources.com

Mental Health America: www.nmha.org

National Institute of Mental Health:

www.nimh.nih.gov

National Institutes of Health (NIH):

www.nih.gov

Health Assessment Raffle Extended

GuidanceResources® has extended the raffle period for completing the Health Assessment (HA) to July 31, 2015. Employees and spouses who complete the HA by that date are entered into raffles for chance to win a Fit-Kit. GuidanceResources® will also be mailing out a flyer in June to employees reminding them to complete the assessment.

Q: How do I update my email address in the system?

A: You can login to your account at ARBenefits.org. Once you are logged in, there will be a space on the front page where you can update your email address.

Q: When do I need to submit my retirement health insurance paperwork to EBD?

A: Retirement enrollment forms should be submitted to EBD within 30 days of your termination date. That way, EBD will have time to set up your premiums for deduction.

ASK EBD

