

blueprint

A publication for the policyholders of the Arkansas Blue Cross and Blue Shield family of companies

SPRING 2024



A Generational Project

Blue & You Foundation grant connects seniors, caregivers to UCA healthcare students

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Join us for the 2024 Central Arkansas Heart Walk

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New laws, coverage changes expand access to care

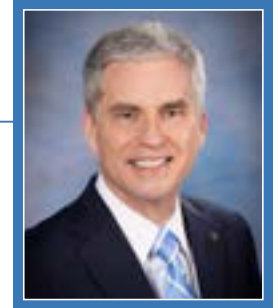
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Case manager finds child's nutritional formula for better health

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A Word with Curtis Barnett

Our President and Chief Executive Officer



A heart for volunteering

I have always believed that when you give of yourself, you gain in the process. That's why I'm very proud that volunteerism is part of our culture at Arkansas Blue Cross and Blue Shield. We truly want to make a difference in the health of our communities and improve the lives of all Arkansans.



Wanda King

In 2023, our employees logged more than 922 volunteer hours and supported 80 events throughout the state. We supported various scheduled charity walks and runs, but we also rolled up our sleeves and helped our neighbors after tornadoes ripped through our state. Our employees raise their hands whenever a need goes out. A great example is my friend **Wanda King**, our vice president for the Federal Employee Program & Medicare Advantage Operations.

Wanda has a servant's heart. High blood pressure also runs in her family. These two facts might not seem to overlap, but Wanda is known for looking on the bright side. In this case, the American Heart Association's 2024 Central Arkansas Heart Walk benefits by having her as a chairperson to raise funds and awareness about cardiovascular disease.

The 2024 Heart Walk will be held on Saturday, April 27, at the North Shore Riverwalk Park in North Little Rock. You can sign in by 8:30 a.m. to walk with your friends, co-workers and family at 9 a.m. To register, see page 3. It's a great chance to get exercise and support a great cause. Doing good just makes you feel good.



Candice Holt

Candice Holt is another example of our employees involved in their communities. Candice has embraced Northwest Arkansas, working on numerous charity walks and runs and other events. She hosted a clothing drive for Beautiful Lives Boutique, which supports local women's shelters. Candice is so active that she was recognized as the 2022 Ambassador of the Year for the Rogers-Lowell Chamber of Commerce.



Syreeta Ball

And finally, no mention of Arkansas Blue Cross volunteers would be complete without remembering **Syreeta Ball**, whose brilliant smile graced almost every charity walk and event for more than 17 years. Syreeta was a part of our employee committee, our Toastmasters Club and our choir. She embodied so many of the admirable qualities that make Arkansas Blue Cross unique. Syreeta passed away unexpectedly earlier this year, and she will be deeply missed, but her spirit lives on each time we get together to serve.

Serving others in our communities makes an impact, but the personal reward is priceless. It is through their giving that these three women have gained friendships, and connections and become a part of the communities they serve. And we all gain by improving our state.

Arkansas Blue Cross and Blue Shield Executive leads 2024 Central Arkansas Heart Walk

Wanda King is putting her feet where her heart is. As this year's chairperson of the American Heart Association's annual Central Arkansas Heart Walk, she's working to help others take care of their hearts and live longer, healthier lives.

The walk will begin at 9 a.m. Saturday, April 27, at the North Shore Riverwalk Park in North Little Rock. Check-in begins at 8:30 a.m. There is no fee to participate.

King, vice president of the Federal Employee Program & Medicare Advantage Operations at Arkansas Blue Cross, has been focused on a \$340,000 fundraising goal to support the lifesaving work of the American Heart Association. Every dollar donated goes toward heart research, CPR training and medical breakthroughs benefiting heart disease patients.

"I volunteer so that research can continue to improve the lives of people with heart disease as well as those who have not been diagnosed yet," she said, adding that the walk unites the community in celebrating health and honoring survivors of heart issues and strokes.

The Heart Walk also rallies the employees in her Blue family. Wanda joined Arkansas Blue Cross in 1992 as a sales representative and worked her way up within the Arkansas Blue Cross family of companies. Arkansas Blue Cross expects to have a sea of walkers in blue T-shirts.

The walk is personal for King, who grew up in Cotton Plant, Arkansas (Woodruff County) and has lived with hypertension for 20 years. Hypertension, also known as high blood pressure, can run in families, as it does in King's. Both her parents had it, and her father died of a heart attack.

King's lifestyle choices have helped her keep her hypertension under control. In 2023, she needed a knee replacement, after a lifetime of marathons, walks and activity. Her doctor suggested she lose a little weight to make her recovery easier. She and her husband committed to a diet program. She lost 30 pounds, and her husband lost 50 pounds!

"I want to be around for my family," she said, summing up her dedication to a healthy lifestyle.



Be a Heart Hero!

For more information, go to centralarkansasheartwalk.org





Blue & You
FOUNDATION
For a Healthier Arkansas



Grant brightens minds and lives

By Linda S. Haymes and Kennedy Kinley

Program trains UCA students while improving the lives of seniors with dementia

Two older gentlemen, best friends for years, use their feet to pass a volleyball back and forth, talking, joking and laughing as therapists-in-training encourage them. Nearby, a lady works with another student to walk her fingers up a wall, exercising her arm and shoulder.

Elvis Presley's "Blue Suede Shoes" plays in the background, barely audible over the chatter and laughter.

Is this a party or a therapy session? It's hard to tell. It turns out it's a bit of both.

As the baby boomer generation grows older, the number of Arkansans diagnosed with Alzheimer's disease and dementia is increasing. The University of Central Arkansas (UCA) Interprofessional Therapeutic Activity Program (I-TAP) is working to help these Arkansans and their caregivers through wellness education, physical activity, cognitive engagement and socialization.

Caring for caregivers

Caring for a loved one with Alzheimer's disease or dementia is challenging. It can leave you feeling overwhelmed, stressed and alone.

"I was searching for help with my physical, emotional and mental health," said Sally Roden, whose loved one took part in the UCA I-TAP program. "I was at the end of my rope and didn't know where to turn."

Caregivers also need to focus on their own health, but finding the right resources is difficult.

Alzheimer's Association, Arkansas Chapter

"Alzheimer's caregivers overwhelmingly report experiencing high levels of stress," said Kirsten Dickins, executive director of the Alzheimer's Association, Arkansas Chapter. "Alzheimer's and dementia present unique challenges and struggles. We urge anyone in that situation to seek support and resources."

- Visit alz.org/arkansas
- Call 800-272-3900



Students work with seniors on fun exercises.

Alzheimer's Arkansas

"We offer an array of caregiver resources from educational workshops to respite activities and financial assistance," said Stephenie A. Cooke, executive director of Alzheimer's Arkansas, which has served unpaid family caregivers for 40 years. "We want all caregivers to know they are not alone in their journey."

- Visit alzark.org
- Call 501-224-0021

“You'll never imagine what a blessing this program has been. [My husband] loves the exercises and playing the games, and it gives me several hours to get other things done.”

DeLaine Gartner
of Conway

"I get to meet so many people coming here," said attendee Henry Cameron, 74, of Maumelle. "Several of them are going through the same thing I am, which makes me feel less alone."

The caregivers are equally grateful.

"You'll never imagine what a blessing this program has been," said DeLaine Gartner of Conway, whose husband, Joe, attends. "He asks me all week long when we'll get to come back again. He loves the exercises and playing the games, and it gives me several hours to get other things done."

The caregivers are offered an evening support group every other week. They

share supper, learn about research advancements in dementia, gain tips on caring for their loved ones and support each other. Students care for their loved ones during the support group meeting.

The UCA Student Led Therapeutic Program (S-TAP), launched in the fall of 2021, includes students and faculty in health professions. The 12-week program is held in the fall and spring semesters for 24 patients and their caregivers. A \$115,000 behavioral health grant from Blue & You Foundation for a Healthier Arkansas, along with a \$51,000 grant from last year, helps make the

sessions possible. The participants, all in the mild to moderate stages of Alzheimer's or dementia, live at home with their families.

"What makes our program unique is our students work with the patients and their caregivers," said Kerry Jordan, Ph.D., R.N., CNS, CNL, an associate professor for the UCA School of Nursing.

The three-and-a-half-hour Friday morning sessions are held in the Interprofessional Teaching Center, a facility also partially funded with grants from the Blue & You Foundation.



Attendees enjoy the game-like activities.

"I had to recruit people to attend the first session, but people quickly learned about the program through word-of-mouth. The program has had a waiting list ever since," Jordan said.

The students providing I-TAP activities are all from UCA's College of Health and Behavioral Sciences. The students from physical therapy, occupational therapy, exercise science and psychology are providing care this semester. Next semester, nursing and speech therapy students will be providing the care.

"I've been part of this program for two years now," said Jessi Bennett, a graduate assistant. "I've built relationships with the attendees, their caregivers, other students and the instructors."

During the weekly therapy sessions, one group plays games like bean bag toss while receiving cognitive therapy, while the other practices strength-training exercises in physical therapy. Then they swap. The attendees are excited to be there and visit with the students during their activities.

The program is a valuable resource for the community, as the number of Arkansans diagnosed with dementia – currently at more than 58,000 – is expected to grow. With the help of the Blue & You Foundation grant, UCA is making a difference in the lives of those affected by dementia and their caregivers.

Apply for future grants

The Blue & You Foundation for a Healthier Arkansas annually awards \$5,000-\$200,000 grants to community partners. In 2024, the Foundation will open grant cycles focusing on the social determinants of health, maternal and pediatric health and behavioral health.

Applicants must submit a letter of intent through the Blue & You Foundation grant portal before being selected to apply. Letter of intent opening dates are as follows:

- Behavioral health grants open July 1, 2024
- Social determinants of health grants – January 1, 2025
- Maternal and pediatric health grants open April 1, 2025

The Foundation also funds mini grants (\$1,000-\$2,000). The application process began January 1, 2024, and will be evaluated on a rolling basis throughout the year. These grants support:

- Food pantries
- Emergency response equipment such as AEDs, Narcan, stop-the-bleed kits, car seats and accident prevention items
- Health initiatives that will positively impact students in public schools, colleges and universities

For more information on applying for grants and mini grants, visit blueandyoufoundationarkansas.org.



Students mix encouragement and fun for the seniors in this program.

Understanding how, when, and who pays for your health expenses

By Ramsey Purvis

How much does health insurance cost?

There are different ways you “pay” for your insurance, and knowing how they work together and what the terms mean will help you feel more comfortable when making decisions for you and your family.



Premium is the flat fee you pay each month for health insurance. If you're on an employer plan, it comes out of your paycheck.



Copayment (or copay) is the fixed amount you pay for a service. Often, it varies based on the type of visit. Depending on your plan, you may not have a copay.



Deductible is the total amount you pay for care and medications before your health insurance begins to help pay. Your plan allows certain medical charges to go toward your deductible. There are different deductible amounts for in-network and out-of-network services. Premiums and copays do not count toward your deductible.



Coinsurance is the percentage of the cost that you are responsible for paying. Once you meet your deductible, your insurance begins to help pay. How much it pays depends on your plan and if you're getting care in- or out-of-network.



Out-of-pocket max is the most you pay for covered health services in a calendar year. Once you reach it, your insurance covers 100% of any further eligible healthcare expenses. The out-of-pocket limit does not include premium payments or charges for services that are not covered.



Curious about more of the basics of health insurance?

Learn more at arkbluecross.com/healthbasics



Ask your pharmacist

By Greg Russell



Law and coverage changes improve access to care

Thanks to recent changes in Arkansas law and expansions of your health plan's coverage, your local pharmacist may be able to test you for certain illnesses and write you a prescription to help you get better.

Members of many* of the health plans offered or administered by Arkansas Blue Cross and Blue Shield, BlueAdvantage Administrators of Arkansas, Federal Employee Program (FEP), Health Advantage and Octave Blue Cross and Blue Shield now can receive the following services at hundreds of local independent pharmacies, Arkansas Walmart pharmacies and selected Walgreens pharmacies.

"In the past few years, the Arkansas General Assembly has passed several measures that have widened the scope of practice for pharmacists in our state to make some basic medical services more readily available," said Creshelle R. Nash, M.D., M.P.H., medical director for Health Equity and Public Programs for Arkansas Blue Cross. "So, we have updated our coverage policies to ensure that when our members choose pharmacist-delivered care, they can get the most value out of their health benefits. We hope this broadening of access and coverage removes barriers that may keep people from seeking the care they need and result in a healthier population."

You can ask pharmacy staff to check your coverage and whether they can:

Test and treat for

- Coronavirus (COVID-19)
- Influenza (Flu)
- Strep throat

Prescribe and consult for

- Antibiotic (Strep throat only)
- Antiviral (Flu or COVID-19 only)
- Oral contraceptives (Birth control pills)
- Tobacco-cessation medications
- Naloxone (generic Narcan) nasal spray for opioid overdose intervention
- Coming soon: Medicines to fight HIV
 - Pre-exposure prophylaxis (PrEP)
 - Post-exposure prophylaxis (PEP)

Drug Take Back Day

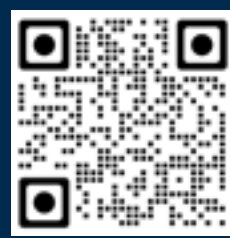
Safer drug disposal

APRIL
27

If you have unused or expired medicines, don't flush them or dump them in the trash. Dispose of them safely during National Prescription Drug Take Back Day, April 27, from 10 a.m. to 2 p.m.

To find a site near you, visit the Arkansas Drug Take Back website artakeback.org and type in your ZIP code or city and state. Red markers indicate permanent disposal sites, while blue markers signal sites only active on April 27.

Arkansas Drug Take Back Day collections sites



Save a life – for free

Naloxone



Arkansas
Opioid
Recovery
Partnership

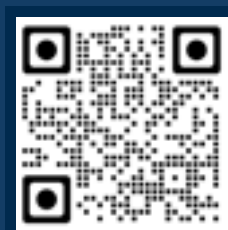
Naloxone (brand name Narcan) is a nasal spray that can reverse the effects of an opioid overdose ... if you have it and know how to use it.

The Arkansas Opioid Recovery Partnership's new ReviveAR app (arorp.org/revivear-app/) can put this life-saving power at your fingertips. It provides access to opioid prevention, treatment and

recovery resources, along with written and audio instructions on how to administer naloxone during an overdose.

Pharmacists can provide naloxone at no cost to the requester. So, if someone in your life struggles with opioids, ask your local pharmacist to put this life-saving power in your hands.

Arkansas Opioid Recovery Partnership's new ReviveAR app



On the Case: Fighting for Koen

By Werner Trieschmann



Every day, Arkansas Blue Cross and Blue Shield's nurse case managers are the friendly voice on the other end of the phone. The reason for the calls could range from needing help finding medical equipment to learning more about a recent diagnosis. The nurse case managers assist members to work through the complicated world of doctors, hospitals and health insurance.

As a case manager, Amy Rorex often goes above and beyond to provide crucial help.

In March 2022, Rorex received a request from Chance and Kirby Smith from Bono, Arkansas. Their son, 8-year-old Koen, suffers from a chronic disease that makes it difficult for him to swallow. Because Koen is unable to eat like most kids, he needs a specific type of formula. Faced with a medical challenge, the couple reached out to Rorex for help.

"This formula was his only source of nutrition, and he couldn't eat anything else," Rorex explained.

“
She put a lot of work
in to do what is best
for Koen. Amy did not
take 'no' for an answer.
It was her **compassion**
that guided us through
the process.

”

But when that formula was recalled, his parents struggled to find a replacement. They used about a can a day, and their supply was dwindling fast.

"When the only thing your child can eat is taken away, you can imagine what that does to a parent," said Kirby Smith.

"When his parents called us, nobody knew at that point how they were going to get more," Rorex said. "The uncertainty on when or if the formula would be available was extremely stressful for them. I am sure they felt very helpless."

As a case manager, Rorex set to work to untangle the complicated knot of finding an acceptable replacement, an available supply of it, and a way to have the new costs covered and that was agreeable to all involved. Rorex began working the phones and kept Koen's parents updated, continually verifying the supply of formula on hand.

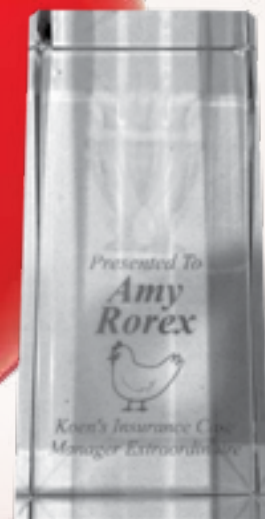
"She put a lot of work in to do what is best for Koen," Smith said. "You should see the emails we had from that time. Amy did not take 'no' for an answer. It was her compassion that guided us through the process."

Eventually, the formula recall crisis eased and, through it all, Koen did not go without nutrition.

The Smiths recently held a party to celebrate Koen's journey, inviting those who have been involved in his success. The party's menu included chicken and green beans – the two safe foods Koen can now eat. Rorex was given a "best of the best" award at the celebration in appreciation of her dedication to Koen.

“ I already knew Koen had an excellent team here at Arkansas Blue Cross, but hearing about the impact each person had in Koen's journey made it clear the right people were brought together to fight for him. ”

- Amy Rorex,
Case Manager for
Arkansas Blue Cross
and Blue Shield



As a case manager, Rorex regularly deals with all kinds of members' issues and concerns, but her work with Koen and his parents is not one she will forget anytime soon.

"I already knew Koen had an excellent team of doctors, a pharmacist and a dietitian working with us here at Arkansas Blue Cross, but hearing about the impact each person had in Koen's journey made it clear the right people were brought together to fight for him. I am very blessed to have been a piece of this puzzle."

Do you need a **case manager?**

If you or someone you care about is facing a health issue, it can be overwhelming. This is where a case manager comes in. They act as an advocate on your behalf.

Our case managers are experienced registered nurses who work directly with members to ensure they receive

the medical care they need as efficiently as possible. They reach out to members after surgery, find medical equipment and support services and help members learn to care for themselves. They work closely with members' families and medical care providers to address each health issue from every angle.



Our RN case managers are here to help you navigate the stresses of challenging health

situations. Simply call the customer service number on the back of your member ID card.



Turning a spotlight on **mental health** in May

By Shellee Robbins

Spring's return to sunshine and warmth uplifts many, but if you feel like storm clouds are always looming, you aren't alone. As we approach Mental Health Awareness Month in May, we want you to know Arkansas Blue Cross and Blue Shield has resources available to address your whole person health.

Mental health conditions are common. In fact, 1 in 5 adults and 1 in 6 children in the United States will experience a mental health challenge each year. Conditions related to the mind are as valid as other medical conditions, like diabetes or heart disease. We are here to help you every step of the way.

Our specialized behavioral health team and member programs can help you navigate your behavioral healthcare, whether you need support for your mental health, substance use or help focusing on healthy behaviors.



**Each year in the U.S.,
1 in 5 adults and
1 in 6 children
experience a mental
health challenge**

Outpatient services for most of our members include:

- **Bright Heart Health for substance use disorders and chronic pain**
- **Brightline, which offers virtual therapy, psychiatry and coaching for kids, teens, families and their caregivers**
- **Teladoc Mental Health Complete, a digital solution for mental and behavioral telehealth services with a licensed provider**

You can learn more about behavioral health through mymindhelp.com. The Blueprint Portal can connect you to providers and benefits specific to your health plan.

"While May is Mental Health Awareness Month, we want our members to know we are here for you year-round if you feel overwhelmed. Call us and let us help you find the resources you need," said Chad Sievers, senior product manager, Behavioral Health.

Need help? Speak to a behavioral health case manager if you have questions or need additional support. Call us at **800-225-1891**. If you or a family member are having an urgent mental health crisis, call **9-8-8** or go to the nearest emergency room.

Taking good care of the community



Total eclipse of the Ark!

Take good care of your eyes! Prepare for the rare April 8 total eclipse by stopping at any ArkansasBlue Welcome Center (arkbluecross.com/locations) to pick up FREE safety glasses (limit 4) and a snack, including Moon Pies®, Sun Chips® or Sunkist® sodas while supplies last.



Swing into spring!

April is National Pickleball Month! Stop by an ArkansasBlue Welcome Center to register to win a pickleball paddle set. Each welcome center will award 10 sets, with winners announced weekly in April. The rules to pickleball are simple, and it's a great way to stay active and social!



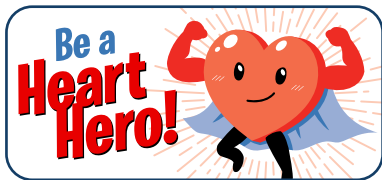
Can't stop the beat!

You could win four tickets to the musical *Hairspray*, showing at 2 p.m., Sunday, May 5, at the Walton Arts Center in Fayetteville. Register at our Fayetteville ArkansasBlue Welcome Center (3013 N. College Ave.) April 1-20. Winners will be announced April 21.



National Walk @ Lunch Day

Join Arkansas Blue Cross and Blue Shield on April 24 to celebrate National Walk @ Lunch Day. Our employees will walk to the Arkansas State Capitol for a group photo! Join us in person or just get out for a 30-minute walk on your own. Selfie or it didn't happen! #NWLD, #TakeGoodCareArkansas



Take good care of your heart!

Join the Central Arkansas Heart Walk on Saturday, April 27 at North Shore Riverwalk Park in North Little Rock. It's a great opportunity to boost physical and emotional health and spread awareness about the importance of heart health. Stop by our tent for fun, games and prizes. To participate, visit centralarkansasheartwalk.org.



A Natural homerun!

The ArkansasBlue Welcome Centers in Rogers, Fort Smith and Fayetteville are giving away tickets to the Friday, May 3, Naturals baseball game at Arvest Ballpark in Springdale. Tickets will be available beginning April 15. Get them while you can!



Take me out to the crowd!

Join Arkansas Blue Cross and the Arkansas Travelers at Dickey-Stephens Park in North Little Rock the evening of Friday, June 7 for a *good* time at our **Good Catch and Good Care** event filled with fun, fireworks and favors! Show your Arkansas Blue Cross member ID card for \$3 off admission. The first 2,000 guests receive a signature baseball.

Enjoy the REWARDS of living healthy with ARKANSAS BLUE MEDICARE



Welcome! We're grateful to have the opportunity to support you and your healthcare goals in 2024. Take good care of your health by taking advantage of all your benefits.

\$0 copays for preventive care visits with your primary care provider (PCP), telehealth visits, and a no cost 24-hour nurse advice line



Up to \$2,000 in preventive and comprehensive dental coverage, including unlimited extractions each calendar year

Only at **Walmart** 
The Walmart Wellness Benefits Card for over-the-counter (OTC) health-related products

Live Healthy, Get Rewarded

Complete eligible health actions and earn more than \$200 dollars in rewards to redeem for groceries, restaurants, gas, fitness merchandise, and more!

- Register for Healthy Blue Rewards – EARN \$10
- Enroll in electronic Explanation of Benefits (EOB) delivery:
Medical – EARN \$5 / Pharmacy – EARN \$5
- Complete a Medicare Annual Comprehensive Visit – EARN \$50
- Colorectal Cancer Screening
 - Get a FOBT/FIT DNA – EARN \$25
 - Get a colonoscopy – EARN \$50
- Comprehensive Diabetic Care
 - Complete a diabetic retinal eye exam – EARN \$20
 - Complete an HbA1c test – EARN \$20
 - Complete a diabetic retinal eye exam, a diabetic kidney screening, and one HbA1c test – GET A FarmBoxRx®
- Get a mammogram – EARN \$25
- Get your annual flu vaccine (available in Fall 2024) – EARN \$15
- Complete a Comprehensive Medication Review – EARN \$15
- Enroll in Rx Saving Solutions to save on prescription drugs – EARN \$10
- Complete a Health Risk Assessment – GET A FarmBoxRx
- Complete the Health Plan Feedback Survey – EARN \$10
- Complete a Health Journey Survey – EARN \$10
- Read six health education articles – EARN \$15

Arkansas Blue  
MEDICARE
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*Healthy Blue Reward amounts and eligible activities subject to change in 2024. Not all members are eligible for every reward.

Visit arkansashealthyblue.healthmine.com, call 800-960-6360 (TTY: 711), or download the Arkansas Healthy Blue Rewards mobile app to learn more about 2024 eligible activities.

HEY TRAVELER,

Planning a trip abroad? Don't forget international health insurance before you leave!

Shop our plans at arkbluecross.com/travel.

GeoBlue health plans are offered in cooperation with many Blue Cross® and Blue Shield® companies, including Arkansas Blue Cross and Blue Shield. You do not have to be currently enrolled in an Arkansas Blue Cross and Blue Shield medical plan to purchase most GeoBlue plans.

GeoBlue
Cover Your World



Customer Service NUMBERS

May we help? For customer service, please call toll free:

Arkansas Blue Medicare

HMO Plans (H6158 and H9699)	844-463-1088
PPO Plans (H3554)	844-463-1088
PFFS Plans (H4213)	844-463-1088

Arkansas Blue Medicare Prescription Drug Plans (S5795):

866-390-3369

Arkansas Blue Cross and Blue Shield Medicare Supplement Plans

800-338-2312

Individual and family metallic members (Arkansas Blue Cross, Health Advantage and Octave)

800-800-4298

Limited Duration Arkansas Blue Cross members

800-238-8379

Arkansas Blue Cross group members Pharmacy questions (Caremark)

800-238-8379

800-863-5561

Health Advantage group members Pharmacy questions (Caremark)

800-843-1329

800-863-5567

BlueAdvantage members Pharmacy questions (Caremark)

888-872-2531

888-293-3748

Federal Employee Program members Arkansas State Employees / Public School Employees

800-482-6655

800-482-8416

Looking for health or dental insurance? We can help!

For individuals, families 800-392-2583

For employer groups* 800-421-1112



Visit our websites for more information:

- arkansasbluecross.com
- arkbluemedicare.com
- hub.arkansasbluecross.com
- healthadvantage-hmo.com
- blueadvantagearkansas.com
- blueandyoufoundationarkansas.org
- arkansasoctave.com



Call or visit an ArkansasBlue Welcome Center to speak to someone close to home.

Fayetteville 3013 N. College Ave.	479-379-5180
Fort Smith 3501 Old Greenwood Road – Suite 3	479-648-1635
Hot Springs 1635 Higdon Ferry Road – Suite J	501-620-2620
Jonesboro 2110 Fair Park Blvd. – Suite I	870-935-4871
Little Rock (MIDTOWN) 416 S. University Ave. – Suite 110	501-396-8675
Pine Bluff 509 Mallard Loop	870-536-1223
Rogers 4602 W. Walnut St.	479-973-6675

*Arkansas Blue Cross, Health Advantage and BlueAdvantage Administrators of Arkansas

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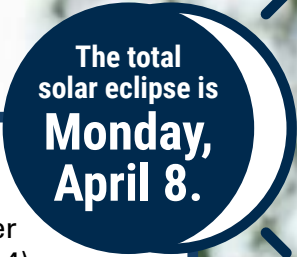
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Take good care of your eyes!



The total
solar eclipse is
**Monday,
April 8.**

Get watch party ready!

Stop by any ArkansasBlue Welcome Center statewide for FREE eclipse glasses (limit 4) and a Moon Pie®, Sun Chips® or Sunkist® soda, while supplies last. Visit arkbluecross.com/locations for welcome center locations.



Arkansas
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