

Open Enrollment Guides Are Now Available

Open Enrollment for the 2023 Plan Year is October **1-31, 2022**. During this time, you can:

1. Enroll in health coverage
2. Change plan levels
3. Add/drop dependents
4. Enroll in a Health Savings Account or a Flexible Spending Account
5. Enroll in dental, vision, or life insurance coverage
6. Change from pre-tax to post-tax as premiums are automatically deducted pre-tax

You can make changes online at my.arbenefits.org. Enrolling online allows for instant confirmation of your elections, the ability to submit required documentation electronically, and continued communication from EBD should we need additional items to process your changes or enrollment.

Please note: All changes made during this period will take effect on January 1, 2023. If you do not wish to make any changes to your health coverage, no further action is required.

Below is a link to our 2023 Open Enrollment Guide to assist you in making informed decisions. Feel free to reach out to EBD at 877-815-1017 or ask.ebd@arkansas.gov.

[Arkansas State Employee Open Enrollment Guide](#)

[Public School Open Enrollment Guide](#)