



beneva

Emergency Travel with Beneva

As a reminder to all ARTA members, as of November 1, 2023, Beneva is now ARTA's official travel insurance provider. The contact information remains the same — 1 (844) 996-9003 in the US and Canada, 1 (516) 342-0142 in all other countries. These phone numbers can be found on the back of your ARTA Membership ID card.

Claims can be made online at americas.claims.axa.travel, using the ARTA-specific policy number which can also be found on your ARTA Membership ID card: **1TN25**.

Any travel claims being made for an incident that occurred on November 1 or later must be filed through Beneva, while any lingering claims for travel incidents that occurred on October 31 or earlier must be filed through ARTA's previous travel provider, Allianz.



RSV Vaccination Update

Please note that claims incurred for the RSV vaccine made between September 6 and November 1 can now be submitted through the MyARTA Claims Portal. Claims made on November 2, 2023 or later can be direct billed by your pharmacist or submitted online through the [MyARTA claims portal](#).



CPP Webinar

Did you miss ARTA's Pension and Financial Wellness Webinar earlier this month? You're in luck, the entire presentation can be viewed on ARTA's YouTube channel. Tune in for a discussion, lead by Jeffrey Hodgeson of CPP Investments, all about the Canada Pension Plan (CPP), with time dedicated to answering questions about the proposed Alberta Pension Plan (APP). You can access the whole presentation by using the link below.

[WATCH VIDEO](#)



Digital Wellness Agenda

Missed out on getting a 2023-24 ARTA Wellness Agenda? You can still grab a digital version! Once downloaded, you can print a copy or fill in your schedule directly on the PDF!

[DOWNLOAD HERE](#)



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TRAVEL NOW

ARTA Members use offer code **ARTASAVE** to save up to an additional \$100 pp*

*Restrictions Apply

ARTA 

Vaccine Final Call

Thank you to everyone who has already been vaccinated against the Flu and the latest COVID-19 variant. You're making your homes and communities safer places for everyone — especially for those with compromised immune systems. ARTA**Rx** has already administered over 600 Flu and COVID-19 vaccines to visitors to the pharmacy location in Edmonton! If you haven't gotten vaccinated yet, it's not too late to benefit! The team at ARTA**Rx** are still available to administer flu shots, COVID-19 vaccines, RSV vaccines, pneumonia vaccines, and any travel vaccinations you might need this winter.

ARTA**Rx** Pharmacy
15505 137 Avenue NW
Edmonton AB T5V 1R9

Open Monday to Friday, 9 a.m. to 5 p.m.

LOCATION AND HOURS



LACE Call for Volunteers

Catholic Social Services is looking for volunteers to assist English language learners in enhancing their conversation skills. This collaborative program, called Learning and Community Enrichment (LACE), pairs volunteers with English learners in an online conversation space. Sessions are relaxed and casual and are aimed at helping newcomers develop their language skills, learn about Canadian norms and customs, and make social connections. This year, volunteers are needed for Monday and Wednesday sessions, including a beginner class from 9:30-10:30 a.m. and an intermediate class at 1:30-3:30 p.m. If you are interested in volunteering, or have additional questions about the program, **email Frank Bailey McDonald** or call 780-504-6487.



Cultural Treasures of Vietnam & Cambodia

On this Trip Merchant Journeys program, you will see Vietnam & Cambodia by land and by river cruise! You will explore the Northern part of Vietnam (Hanoi and Ha Long Bay), then down to the Southern part of Vietnam (Ho Chi Minh City). Next you will embark on your Mekong River cruise experience, before finishing this trip in Siem Reap, Cambodia to discover the ancient temples of Angkor Wat and Angkor Thom. Experience this "Once in a lifetime" truly unique and exotic Asian holiday, full of many amazing highlights!

READ MORE



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TEACHERS' ASSOCIATION

“
**Exclusive savings and discounts
for ARTA Members.**



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Laurie Bauer
Business Development Manager



Virtual Health Resources

The ARTA Extended Health Care Benefit Plans now offer three different virtual health resources! Have you taken advantage of them? These excellent virtual health resources help you navigate the complex health system, and are intended to complement the attention you receive in-person from your family physician, medical specialists, and counsellors.

Maple

Effective November 1, 2023, the ARTA Extended Health Care benefit plans provide access to Maple, a virtual physician service available through Green Shield Canada. As the name suggests, virtual care allows patients to meet with physicians online using technology like smartphones, computers, and tablets. Virtual physician services are not meant to replace a person's family physician. Instead, it is a tool to supplement in-person visits with a family physician. It is especially useful for people with reduced mobility, or people in rural areas who need to wait in hospital emergency rooms just to fill a prescription. Virtual physicians have access to each member's provincial health care records, can prescribe medications, order requisitions, and diagnose ailments, just like in-person physicians can.

[LEARN MORE](#)

Inkblot

When it comes to wellness, it's just as important to take care of your mental health as it is to take care of your physical health. That's why ARTA has partnered with Inkblot, to give members access to quality counselling that can support them in all areas of their lives.

ARTA's Extended Health Care coverage covers up to five hours of counselling per member/dependant, per year (benefit year is November 1st – October 31st). In addition, members can access five hours of career, life, or health coaching, as well as financial or legal support, should they need it. The five hours of counselling resets on November 1st.

[LEARN MORE](#)

ARTA Cares

ARTACares™ provides support to you and your family during times of need such as a serious illness, injury, surgery or even for lingering concerns such as chronic illnesses. With a simple phone call, you can receive support from a nurse in topics including:

- Health care system navigation
- Health advocacy
- Care coordination
- Chronic disease support
- Medical second opinion services
- Caregiving consultations

[LEARN MORE](#)



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Deals on Hockey Tickets

Take advantage of ARTA Perks deals on upcoming hockey games, and visit the Perks page on MyARTA for updates. Tickets make a great gift for the holiday season.

VISIT ARTA PERKS

**NOV
28**



vs



VANCOUVER

ANAHEIM

**JAN
20**



vs



RED DEER

PRINCE ALBERT

**DEC
1**



vs



EDMONTON

EVERETT

**FEB
19**



vs



EDMONTON

MEDICINE HAT

**DEC
2**



vs



RED DEER

EVERETT

**FEB
26**



vs



EDMONTON

LOS ANGELES

**DEC
5**



vs



VANCOUVER

NEW JERSEY

**MAR
16**



vs



EDMONTON

COLORADO

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merit travel

Contact a Merit Travel consultant to learn more today!
MeritTravel.com/ARTA | 1-844-408-1770



Managing Prediabetes

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. November is Diabetes Awareness month and this month's article is about managing prediabetes.

Each month a committee member will provide our members with helpful information on emotional, spiritual, intellectual, physical, financial, or social wellness.

[READ MORE](#)



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Visit myarta.net/perks to get your link to sign up.



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