



## New Benefit ID Cards – Change Required

Due to a printing error, the most recent benefit ID card we mailed out is missing an “ART” prefix that comes before your benefit ID number.

None of your current healthcare providers will be impacted by this mistake, provided they have your benefit ID number on file, however, this error may affect future claims made with new providers when setting up direct billing.

There are two solutions to this error:

1. Write “ART” on your benefit card, in front of your ID number, as shown in the example below. Future providers will need to include this prefix when inputting your ID number.



2. Print a new ID card from your MyARTA.net account; these cards have the correct information.

As a non-profit organization, we are always trying to save costs so that we can provide the best benefit plan possible to our members, and we would appreciate if you can use one of the two above options. We apologize for this inconvenience.

However, if neither of the options work for you, we would be happy to mail you a new Benefit ID card. If you require this option, please fill out a request using the link below:

[BENEFIT ID CARD REQUEST](#)



## RSV Vaccine Coverage

ARTA will now be covering Respiratory Syncytial Virus (RSV) vaccinations for eligible benefit plan members, following the vaccine’s approval for use by Health Canada for adults 60 years of age and older. RSV is a common virus that affects respiration and is particularly prevalent in the winter months.

Coverage for the RSV vaccine will be backdated to September 6, 2023, meaning that if you received the vaccine on or after September 6 and paid out-of-pocket, you will be eligible for reimbursement.

ARTA will cover the cost of the vaccine (priced between \$250 and \$300) based on your prescription drug coverage level if you are age 60 or over. We will not cover any incurred cost of administering the vaccine.

This update to your coverage will not be reflected in our claim adjudicator’s system until mid-November. If you wish to submit your claim prior to this date, you can submit your claim form and receipt directly to ARTA; we will submit it to our adjudicator for processing on your behalf. The claim form and receipt can be sent via mail, or scans of the claim form and receipt can be sent to [claims@arta.net](mailto:claims@arta.net). If you submit a claim directly to the claims adjudicator prior to it being added to their system, it will be declined.

Following the claims update in mid-November, you will be able to submit your claim normally.



## ARTA Pension and Financial Wellness Webinar – Canada Pension Plan Primer

Join ARTA for a Financial Wellness Webinar all about the Canada Pension Plan (CPP), presented by Jeffrey Hodgeson of CPP Investments. CPP is a topic of interest to all Albertans, as it is part of many Canadians’ foundation for retirement, so it’s important that you take the time to understand it. Covering a brief history, of today’s successful, multi-pronged investment strategy and its sustainability going forward, this webinar is designed for all CPP members. The webinar will also address the potential Alberta Pension Plan and discuss its possible implications.

**WED, NOV. 15 @ 1 P.M.**



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ALBERTA RETIRED  
TEACHERS' ASSOCIATION

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Laurie Bauer  
Business Development Manager



**OKARTA** Okanagan Alberta Retired Teachers' Association

## Message to ARTA members in the Okanagan

Even though you may not be living in Alberta, there's an ARTA Branch near you! OKARTA is the Okanagan Alberta Retired Teachers' Association, and it's an active, vibrant branch of retirees who chose to migrate somewhere a little warmer after retirement! Established in 2007, OKARTA is the only ARTA branch outside of Alberta, and that makes us pretty special!

We meet socially for activities during the year at various locations, but generally around the Kelowna area. We also keep our members informed of events and act as a liaison between ARTA and members in our area.

Interested in joining? Or maybe you just want to come to one of our events to see what we're all about? We'd love to have you! Contact OKARTA President, Fred Resler at [fmresler@telus.net](mailto:fmresler@telus.net) for more information. And welcome to OKARTA!

**ARTARx**

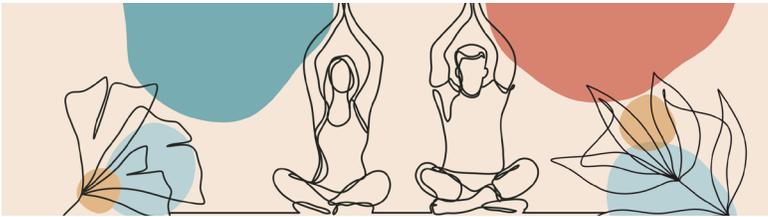
## Flu Shots — Get Your Flu Shots Here!

The ARTARx pharmacy is now offering flu shots to all visitors; you don't have to be an ARTARx plan member, or even an ARTA member to get one! Book an appointment and visit the pharmacy location in Edmonton any time during regular business hours to receive your dose. You'll be protecting your health, and the health of your loved ones this winter. Those over 65 years of age will be able to access the High Dose flu vaccine, similar to previous years. ARTARx can also administer your COVID-19 booster, an RSV vaccine to those over 60 years of age, and any travel vaccinations you may need for your winter travel.

ARTARx Pharmacy  
15505 137 Avenue NW  
Edmonton AB T5V 1R9

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

**LOCATION AND HOURS**



## Wellness Challenge Results

This year's ARTA Wellness Challenge had a new twist that aimed to engage ARTA members more than ever before! And it succeeded, with a boost in participation compared to previous years. Thank you to all who participated and showed off their active and engaged lifestyles.

Congratulations to all the dedicated participants; each member who submitted their activity sheets received a wellness prize in their mailboxes.

We also want to acknowledge the outstanding achievements of the Okanagan Retired Teachers' Association (OKARTA) for winning the Branch Participation Award, and the Calgary Retired Teachers Association (CRTA), who won the Overall Branch Winner award.

Stay tuned for more exciting wellness initiatives next year!



## Congratulations, Dianne Eustace

Travellers, it was truly a pleasure to hear your stories. There were heartfelt tales, poems, sketches, and video essays. But it was Dianne Eustace's submission about her dreams of going to Egypt and Jordan that secured the most votes. We can't wait for her journey!

The good news? You don't have to be a contest winner to save. Click the Collette banner below to learn more.



**Inkblot**

## Inkblot

There are a lot of stressors in life, even in retirement. If you're feeling stressed about finances, health concerns, life changes, or anything at all, there is someone you can talk to. Inkblot is a Member-Assistance Program available to all ARTA Benefit Plan members. Through their online counselling service, you will be matched to a qualified counsellor who can talk through your stressors with you, and offer tips on how to manage it more effectively.

[READ MORE](#)



## ARTA Writing Contest Deadline Reminder

It's time to finish off those final drafts of your stories! The ARTA Writing Contest deadline is November 17, 2023. We're accepting short fiction, poetry, and travel vignettes. What's a travel vignette? Read about how to write your own, from last year's winner.

[CRAFTING A VIGNETTE](#)

For full contest information, and to learn how to enter, follow the link below.

[WRITING CONTEST](#)



**ARTA**  
ALBERTA RETIRED  
TEACHERS' ASSOCIATION



## ARTA PERKS

### Creative Contractors Okanagan

Okanagan's top home renovation and building company, producing award winning renovations since 2008. There is no job too big or too small for them.

[VIEW OFFER](#)

### Red Arrow

Red Arrow is an intercity bus service that connects major towns and cities in Alberta and Ontario with business-class-inspired motorcoaches. Red Arrow's roots are in Alberta, where it has been providing transportation since 1979.

[VIEW OFFER](#)

### Pampa

A Brazilian Steakhouse in Alberta with four different locations among Calgary, Edmonton, and Red Deer. Offering the traditional Brazilian BBQ concept — limitless carving portions of meats tableside with a variety of salads, appetizers, and hot sides.

[VIEW OFFER](#)

### Mindful Elevation

Floatation therapy. Float cabins are like a bathtub — about the same size as a king size bed and hold about a foot of water with roughly 1500lbs of Epsom Salt. This allows a person to float effortlessly on the surface — a vacation for your brain.

[VIEW OFFER](#)

### TELUS World of Science — Edmonton

Their mission is to: Ignite curiosity. Inspire discovery. Celebrate science. Change lives. The destination to engage Albertans' hearts and minds in science.

[VIEW OFFER](#)

### Nurses Next Door — Calgary

Quality care for your loved one while helping them get back to doing the things they love! Nurses Next Door Calgary offers a variety of home care services to support seniors independence, so they can continue to age happily and healthily in the comfort of their own home.

[VIEW OFFER](#)



Enter for a chance to WIN an **Air Canada Vacations Gift Card\***  
Valued at \$3,000

GoodLife Fitness wants to send you away... on a vacation with Air Canada.  
Enroll between now and November 30 using your **ARTA Perks** and be entered to win a **\$3,000 gift card** to Air Canada.  
Visit [myarta.net/perks](http://myarta.net/perks) to get your link to sign up.

## Calgary Flames

A sports and entertainment group in Calgary that owns and operates the Calgary Flames of the NHL and various other sporting groups.

[VIEW OFFER](#)

## Calgary Wranglers

A sports and entertainment group in Calgary that owns and operates the Calgary Wranglers of the AHL and various other sporting groups.

[VIEW OFFER](#)

## Edmonton Oilers

A sports and entertainment group in Edmonton that owns and operates the Edmonton Oilers of the NHL and various other sporting groups.

[VIEW OFFER](#)

## Edmonton Oil Kings

A major junior hockey team based in Edmonton. They are one of 22 member teams of the WHL and, subsequently, one of 60 teams that comprise the CHL.

[VIEW OFFER](#)

## Vancouver Canucks

A sports and entertainment company in Vancouver, British Columbia that owns and operates the Vancouver Canucks of the NHL and the Vancouver Warriors of the NLL.

[VIEW OFFER](#)

<b>OCT 31</b>		<b>VS</b>	
	VANCOUVER		NASHVILLE
<b>NOV 16</b>		<b>VS</b>	
	CALGARY		VANCOUVER
<b>NOV 25</b>		<b>VS</b>	
	CALGARY		ABBOTSFORD
<b>NOV 28</b>		<b>VS</b>	
	VANCOUVER		ANAHEIM
<b>DEC 1</b>	 	<b>VS</b>	
	EDMONTON		EVERETT
<b>DEC 5</b>		<b>VS</b>	
	VANCOUVER		NEW JERSEY
<b>FEB 26</b>		<b>VS</b>	
	EDMONTON		LOS ANGELES
<b>FEB 19</b>	 	<b>VS</b>	
	EDMONTON		MEDICINE HAT
<b>MAR 16</b>		<b>VS</b>	
	EDMONTON		COLORADO



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## As We Get Older, It's The Little Things That Make a Difference

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article discusses how simple gestures can improve people's lives.

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

[READ MORE](#)



Interested in teaching in Mexico in the new year? Colegio Rex is an Alberta-accredited school in Mazatlán, Mexico. They are currently looking for a Grade 5 teacher to start teaching on January 8, 2024. The position is a six month contract, finishing June 30, 2024.

There are also teaching opportunities available for the 2024-2026 school years.

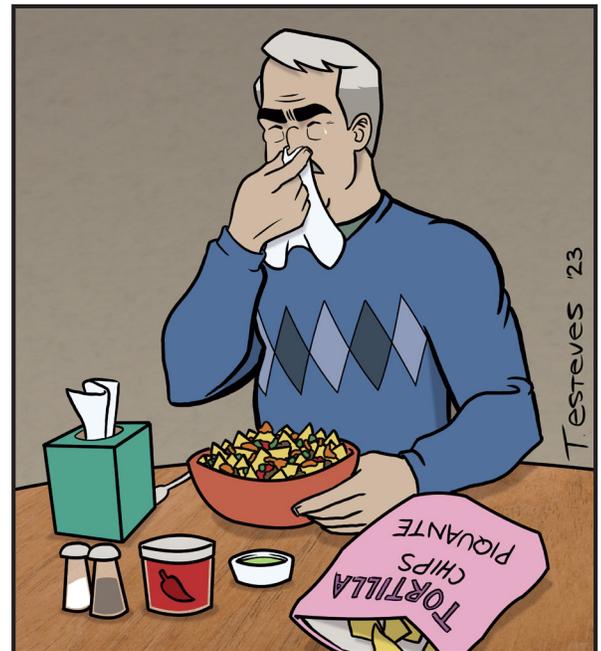
If you are interested in any of the above positions, please contact Lorianne Tenove at:

[lorianne.tenove@colegiorex.mx](mailto:lorianne.tenove@colegiorex.mx)

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*I find that the jalapeño helps clear the sinus passages.*

### STAY CONNECTED and ENGAGED!

Hungry for more great ARTA content? Share your stories or comments at [marketing@arta.net](mailto:marketing@arta.net). Give us a call at 1-855-212-2400 or check us out online!

