



MyARTA: My Benefits Summary

There is a brand-new section on **MyARTA.net** to help members understand their benefit coverage. This section can be found by logging into MyARTA and then navigating to the "My Benefits Summary" button on the blue taskbar near the top of the page.

Once on the My Benefits Summary page, you will be able to see the details of the coverage you receive through your Extended Health Coverage, Dental Coverage, and Emergency Travel Insurance. This information can help you make the most of your benefits.

The Benefit Summary page is a great tool to understand your benefits at a glance, but if more information is desired, the sidebar of this page also includes links to ARTA's various Benefit Booklets, which can provide more comprehensive information on your plan, and help you compare plans to ensure you are getting the benefits that fit your lifestyle in retirement.

VISIT MyARTA



2022 ARTA Member Survey

We need your feedback! The purpose of this survey is to learn about ARTA members in several key areas – their overall satisfaction with ARTA, with the ARTA Benefit Plan, and our partners, as well as more about member lifestyles. We want to gain more insight into our membership, so that we can continue to advocate on your behalf, and deliver information and services relevant to your needs.

All of your answers are anonymous. This survey will take approximately twenty (20) minutes to complete and will be open until August 31, 2022.

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Renewal Statement Distribution



Each year, the ARTA Health Benefits Committee reviews the ARTA Benefit Plans, their overall features and plan sustainability, and puts forward plan improvements and rate changes for approval by the ARTA Board of Directors.

The Annual Renewal Statements will be distributed in September. They will be posted to your MyARTA account and an email notification will go out when they are ready to view online. All members will also receive a printed copy in 2022, which will be mailed through Canada Post the week of September 26.

Statements will be posted in rolling batches each Thursday in September, to support our member services team as they answer questions about individual statements. If you are calling the ARTA office in September, please anticipate higher than typical wait times as we respond to this mass distribution of individual statements.

Plan improvements and rate changes made will be effective November 1, 2022.



Summertime Thoughts

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement.

This month's article focuses on protection from the sun.

Each month a committee member will provide our members with useful information on emotional, spiritual, intellectual, physical, financial, or social wellness. You can find the blog posts on arta.net under the WELLNESS tab.

[READ LATEST POST](#)



Living and Aging Well in Alberta: Measuring What Matters

Imagine Citizens Network is undertaking a project in partnership with AHS and the University of Alberta to explore key measurements when evaluating the work AHS does to support seniors' well-being. They are seeking a citizen viewpoint. Registration for the project is underway and, to date, the project could use more participants who are over 75 years of age and/or live in a rural or small-town setting. If you fall in one of these categories and are interested in helping shape strategy for seniors' care, Imagine Citizens Network would love to hear from you!

[LEARN MORE](#)



Watermelon Salsa and Cinnamon Tortilla Chips

Here is a cool treat from the Wellness Committee. Yummy, cool, and good for you too. Enjoy!

For the Salsa

- 1/2 small or medium seedless watermelon, finely chopped
- 2 cups strawberries, finely chopped
- 2 Tbsp fresh mint leaves, finely chopped
- Juice of 1 lime

For Cinnamon Tortilla Chips

- 1 package whole wheat tortillas, 10"
- Butter or margarine
- 1/3 cup granulated sugar
- 1 tsp cinnamon

Directions

1. Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius).
2. Combine salsa ingredients in a large bowl (optional: clean out half of the watermelon to use as a serving bowl and pour the fruit mixture into the cleaned-out "bowl" to serve).
3. Let stand for about 30 minutes at room temperature before serving to allow flavours to blend.
4. Brush butter or margarine over one side of each tortilla.
5. Sprinkle lightly with cinnamon sugar.
6. Cut each tortilla into wedge slices.
7. Place on a baking sheet and bake for 5 minutes, or until golden brown.



Planning for Another Engaging Year of Retirement

There's so much to keep track of in retirement — appointments, vacations, social events, and adventures of all kinds! To help you keep it all straight, the ARTA Wellness Committee has produced a **2023 Wellness Agenda**.

This small booklet will remind you of ARTA's important deadlines, help you set (and keep) wellness goals for each month, and leave you with plenty of room to plan the next year of your vibrant retirement life.

You can order your own Wellness Agenda, for free, through the link below. There is a limit of one book per member, and quantities are limited, so be sure to get your order in quick!

Agendas will be distributed on a first-come, first-served basis. The deadline for orders is Friday, September 2, 2022.

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Heartland
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Branch Spotlight: Heartland Alberta Retired Teachers' Association

ARTA's youngest branch will be reaching a milestone next month: The Heartland Alberta Retired Teachers' Association (HARTA) is celebrating its tenth anniversary in September. HARTA has put the last ten years to good use, creating not just a branch, but a community of retirees that come together to make connections and to embrace a shared love of learning.

[READ MORE](#)

Keep your hearing at 10/10 all summer long!

ARTA members and their family can enjoy up to 25% off the purchase of modern and technologically-adaptive hearing aids this summer!

[Learn more with a free hearing consultation](#)



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Meet Devin MacEachern

ARTA was able to restore a tradition that had to be put on hold during the pandemic: the hiring of a summer student. The summer student program allows one lucky post-secondary student to gain real-world job experience and earn some money to help pay their tuition.

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