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JANUARY 2022



ALBERTA RETIRED TEACHERS' ASSOCIATION NEWSLETTER



ARTA Financial Wellness Seminar: A Pension Update from the Alberta Teachers' Retirement Fund

Thursday, January 27, 2022
1:00-2:00pm

ARTA's Pension and Financial Wellness Committee is pleased to present another Financial Wellness seminar for retired teachers. We will be joined by Rod Matheson and Julie Joyal who have an update from ATRF.

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Are you trying to be more environmentally conscious as part of your resolutions this year? Switch to an online subscription of *news&views*, and you can read the magazine digitally through Joomag, a free app available for download from the App Store and the Google Play store.

Send an email to Marketing@arta.net to cancel your mailed subscription.

For instructions on how to subscribe to the digital version, please visit the ARTA website.

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2021 Premiums & Claims Statement

Your 2021 Premiums and Claims Statement will be posted to [MyARTA.net](https://myarta.net) no later than February 28, 2022. An email notification will go out when the statement is ready to view.

If you **do not** have a MyARTA account, a paper copy will automatically be mailed to you. If you have a MyARTA account, a paper copy will not be mailed to you automatically. If you would like to request a paper copy of your statement, please submit the form found at the button link below. Use the address you wish to have the statement mailed to. The statements will be mailed one week after they are posted to [MyARTA.net](https://myarta.net).

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Enter for your chance to WIN \$5,000 in CASH
or 1 of 2 secondary prizes of \$1,500!



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5 Reasons You'll Want to Use the ARTARx Pharmacy

ARTA members who haven't signed up for an ARTARx benefit plan are under no obligation to use the ARTARx pharmacy. You can continue to utilize your current benefit plan, and your maximums and reimbursement rates will not be impacted in any way. Rest assured, if you already have a strong relationship with your pharmacy team, or wish to support your local pharmacy, you can continue to do so. Even though you don't have to use ARTARx, here are five reasons you'll want to:

1. It makes the ARTA Benefit Plan even better

All revenues from the ARTARx pharmacy are returned to its sole shareholder: ARTA. As a non-profit, all revenues generated by ARTA are put back into the association and its benefit plan to make improvements to the plan and reduce rates for all members. So, the more people who utilize the pharmacy, the better the benefit plan becomes for everyone!

2. It specializes in retiree care

The ARTARx pharmacy team has been hired, and their passion is for more than prescriptions – they're passionate about people. Our pharmacists will work with you to manage your prescriptions and take time to meet with you and answer any questions you have. ARTARx will have four pharmacists, two pharmacy technicians, two pharmacy assistants and three consultation rooms, allowing for unhurried, private conversations about your personal health needs.

3. Prescriptions to your door

We live in Alberta. When it's -35°C out and there's a snowstorm, you can stay home and stay safe. All prescriptions come with free delivery by our established delivery network.

4. It minimizes the burden of care

ARTARx has specialty solutions for prescription drug management, perfect for those on multiple prescriptions or those that are providing care to a relative. Medication pouching and synchronization removes the need to sort through prescriptions — just open the custom pouch packaged at the ARTARx pharmacy. Managing your prescriptions will no longer be a worry.

5. Save your retirement funds for fun

ARTARx will offer preferred pricing on over-the-counter (OTC) medications, vitamins, supplements, home healthcare products, diabetes testing supplies, and more. These savings can be put toward living an engaged and active lifestyle in retirement.

The ARTARx pharmacy is almost ready to open its doors! The grand opening announcement will appear in February's ARTAfacts.

OPENING SOON
FEBRUARY 2022
Grand Opening to be Announced



ARTA 101: Webinar Series

Are you a new ARTA member? Have you been an ARTA member for years, but could use a refresher on your membership perks and benefit plan? Start off the new year by heading back to (virtual) school, and join us for webinars on all that ARTA has to offer! Each webinar covers a certain topic, so join us for one or join them all. Make sure you get the most out of your ARTA membership this year.

Click the buttons below for webinar descriptions, dates, and times.

***Comprehensive Coverage Plans
(Primary, Core, Essential and Enhanced)***

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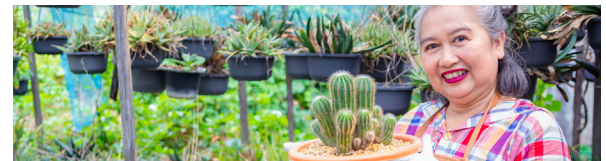
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We have a test you don't have to mark.



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*Offer is valid on select hearing aid models and accessories.



Thank you for telling your #ARTAstory

Thank you to everyone who shared stories about using your retirement to spend your winters in warmer locales! Our draw winners from the December prompt are Colin J. and Patti C. Congratulations!

Thank you to everyone who submitted retirement stories in 2021. We heard from ARTA members who moved to new countries, travelled the world, found new hobbies, dedicated themselves to their families or their communities, and much more. Your stories showed us just how diverse the retirement experience can be. Keep sharing your stories and keep exploring the vibrant world of retirement — whatever form it takes for you.

READ #ARTASTORY POSTS

BEAT THE *Winter Blues*

Take **\$100** off your next dream vacation, on us!



Maintaining Balance

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

This month's article focuses on balance: past experiences, lessons learned, and how to approach balance.

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](#)

ARTAficial Flavours



This isn't what people mean when they say to embrace the cold weather.

ASSOCIATION CANADIENNE DES ENSEIGNANTES ET DES ENSEIGNANTS RETRAITÉS CANADIAN ASSOCIATION OF RETIRED TEACHERS



Do you enjoy taking photos of our beautiful Canadian landscapes? ACER-CART invites you to submit up to five of your favourite local landscapes to be shared on our website.



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