



Inkblot

Benefit Spotlight: InkBlot

Have you heard of Inkblot? It's ARTA's mental health Member Assistance Program (MAP) that connects Extended Health Care benefit plan members with counsellors who can help you with a variety of goals. They can help you manage your stress, help you find motivation to accomplish your goals, practice mindfulness, and much more. Each person covered by an ARTA Extended Health Care Benefit Plan receives up to 5 hours of individual counselling and 5 hours of couples counselling per year.

Inkblot is convenient and confidential, can take place in person or virtually, and they take the time to match you with a counsellor that works for your needs. Above all, they aim to provide the highest quality personalized care.

Learn more and sign up for your first session at the button below.

INKBLOT

Want a preview of some of the kinds of help Inkblot can offer? Read this blog post for some quick tips, and learn how Inkblot counsellors can help you achieve your nutrition goals.

READ MORE



Premiums & Claims Statements 2022

As we approach tax season, it is once again time for ARTA members to access their Premiums & Claims statements. In an effort to reduce waste, statements will not be mailed to members automatically. Instead, they will be posted on **MyARTA** on **February 15, 2023**. From there, they can be downloaded or printed on an individual basis, according to preference.

Members who would like a copy mailed to them can request a print copy by filling out a request form. Members who do not have a MyARTA account will automatically have a print copy mailed to them. Printed copies will be mailed out by **February 21, 2023**.

REQUEST FORM



Insurance served your way

TW brokers find you the best coverage for your individual needs, and your budget.

Plus
get exclusive discounts
and a **\$20 gift card**
when you get a quote!*



GET A QUOTE

*Restrictions apply.



Sixty Years of ARTA

Have you heard? ARTA turns 60 this year! All throughout 2023, we're going to be celebrating this milestone with contests, retrospectives, and more. But we aren't the only ones turning 60! In fact, ARTA member Janine Goodkey beat us to the punch and was the first ARTA member to celebrate their 60th birthday in 2023, on January 1st!

Happy birthday, Janine, we're pleased to be turning 60 alongside you, and many more members this year!



Pension & Financial Wellness Webinar: ATRF Annual Report 2022

If you missed or want to rewatch the last Pension & Financial Wellness webinar, you can find the recorded video on our YouTube channel. This presentation from the Alberta Teachers' Retirement Fund (ATRF) covers the 2022 ATRF financial report, and a rundown on how the transition to using AIMCo as ATRF's investment manager impacted teacher pensions.

[WATCH VIDEO](#)



BINGO Winners

ARTA is a proud supporter of living an engaged lifestyle in retirement, and we designed the mental wellness BINGO to encourage new activities that enhance your mental health. This year's prize draw winners for the 2022 Mental Wellness Challenge Bingo are: (Janet) Rosemary S., Dara O., Yvonne M., Lynette M., and Ann G.



National
Affiliated Partners



Did you know?

Family of ARTA members receive the same exclusive benefits at HearingLife & partner locations!

Book Your FREE Hearing Consultation

Use **ENS-FHT-ARTA** to claim this offer





EXPLORE THE WORLD

ARTA MEMBERS SAVE UP TO \$600 PER PERSON



[LEARN MORE >](#)

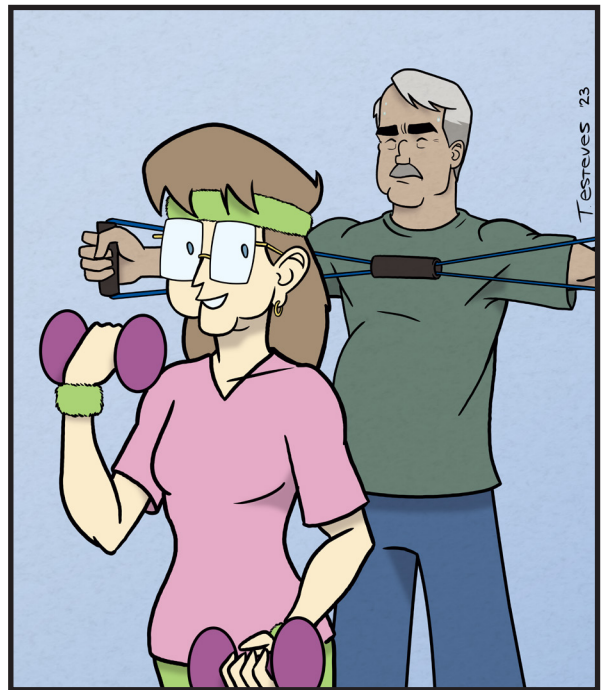


Is it Time for Weight Training in Your Life?

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is on the benefits of weight training to regain strength and endurance.

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

[READ MORE](#)



By counting my reps in French, I'm accomplishing two of my New Year's resolutions.

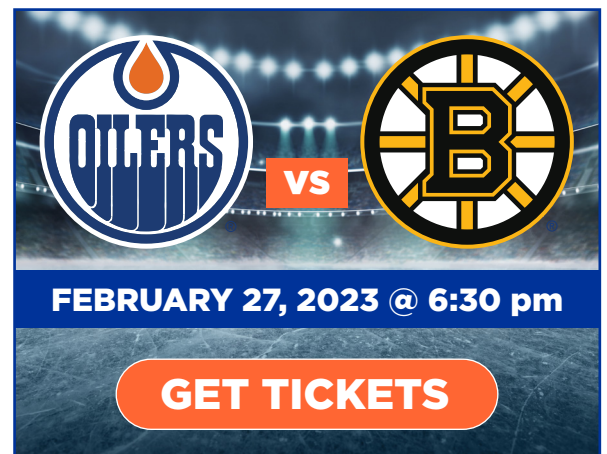


Photo Contest 2023

We are pleased to announce ARTA's eleventh annual photo contest! Photos can be submitted for one, or more, of four categories. All ARTA members (regular or affiliate) are eligible to enter.

You can find the official contest rules, descriptions of the four categories, and entry form by clicking the button below.

[READ MORE](#)



•IMPORTANT QUICK LINKS•

[Claims & Benefit Forms](#)

[Emergency Travel Contract](#)

[ARTARx](#)

[MyARTA Benefits & Claims](#)

STAY CONNECTED and ENGAGED!

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

[ARTA.net](https://arta.net)

