



Introducing BenefitBump

About BenefitBump

Emotional health forward navigation solution for families



BenefitBump is a personal, holistic benefit and time-off navigation program



Participants are assigned a care team, led by a mental health professional



To supplement our human interactions, BenefitBump offers 24/7 mobile self-service and content



BenefitBump helps you optimize your Arkansas State University-provided benefits, improve your wellbeing, and reduce stress





Care team for the whole family

Dedicated advocates that focus solely on benefits for growing families



Employee/
family



Care Navigator

Primary Point-of-Contact

Your dedicated, licensed emotional health professional that will get to know you and will guide you through the BenefitBump program and your entire parenthood journey. Think of your Care Navigator as one-part project manager, one-part confidant.



Care Support Team

Supporting your dedicated Care Navigator is a team of benefit experts and work/life coordinators. Ready to answer any question from childcare to leave planning to assessing medical coverage, your Care Support Team ensures your Care Navigator has the answers you need when you need them.

Care Navigators
help employees
throughout
their journey



Digital Tools

Once you register, you will have unlimited access to the tools housed on the app. Those tools include:

Benefit Information

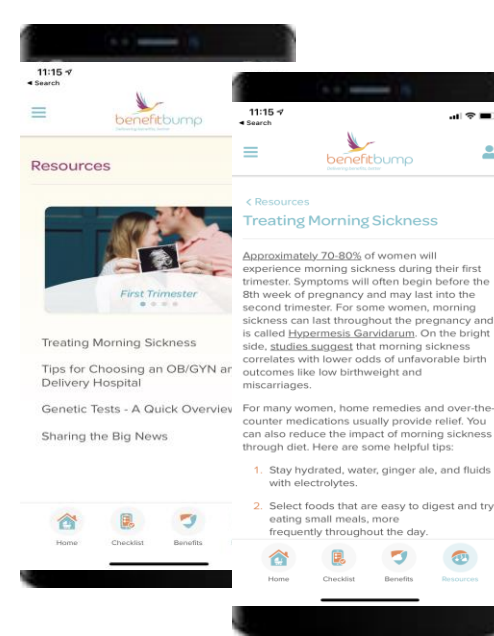
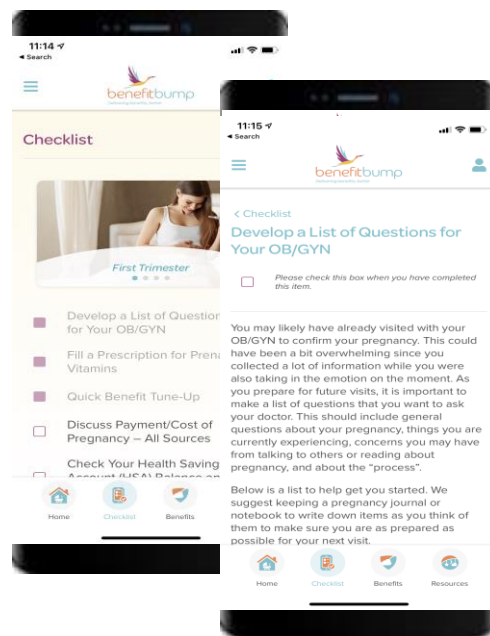
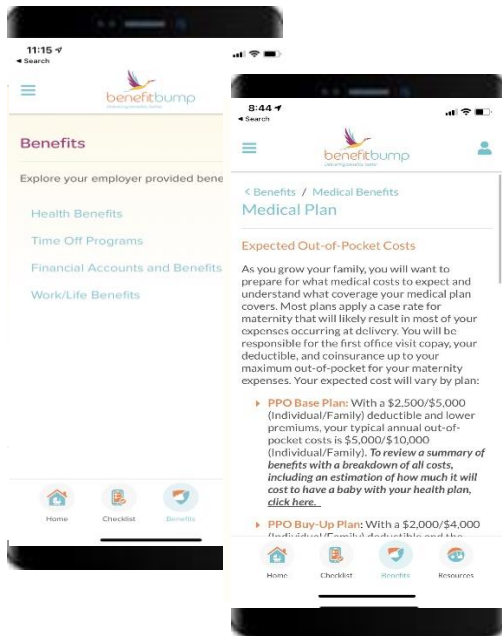
Access benefit information specific to Arkansas State University. See information regarding health benefits, time off programs, financial benefits, and work/life benefits.

Checklist

Gain satisfaction by reviewing and checking off various to-do's throughout your journey, broken up into important milestones.

Resources

Along with action items, review supplemental advice for your many questions. Additionally, access our library of meditations to support you through your journey.



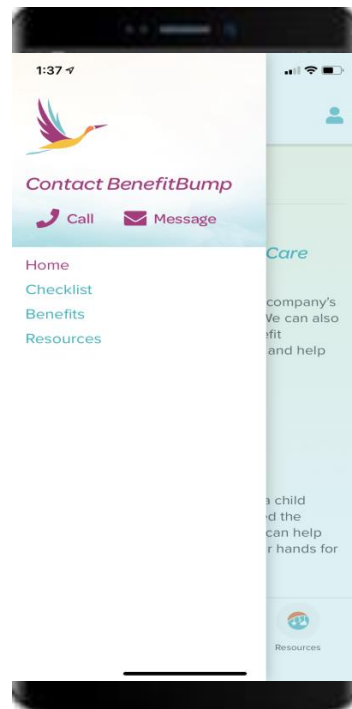


Digital Tools, Cont'd

Digital tools are great, but we recognize that sometimes what you need most is a person to talk to. That is why we have made it easy to contact your Care Team.

In-App Messenger

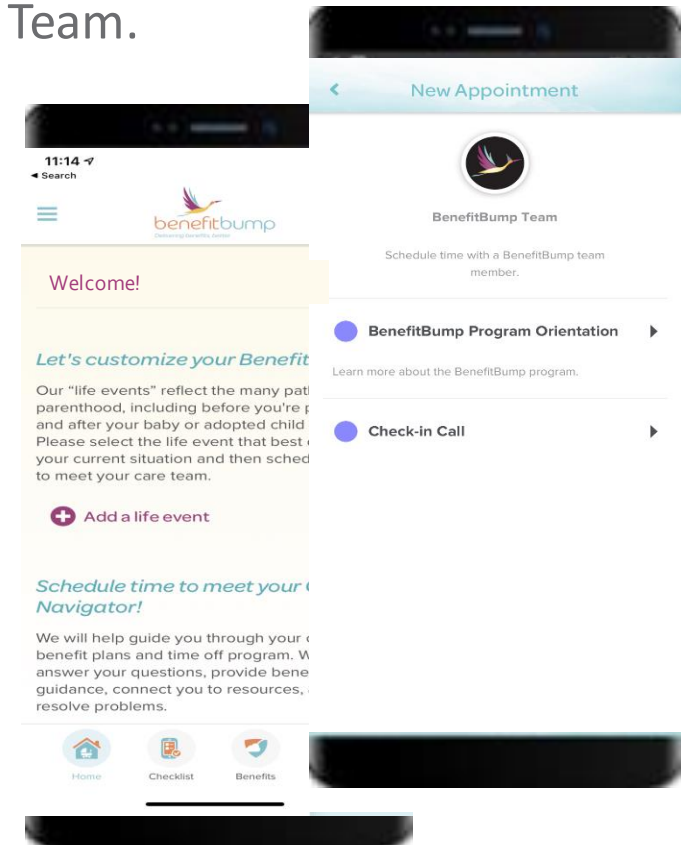
Allows you to call or message your Care Team at any time.



Appointment Scheduler

Book a check-in phone call or video chat with your Care Navigator. To schedule an appointment,

1. Select "Schedule an appointment"
2. Choose "Check-in Call"
3. Pick an available time that works best for you



And a reminder, your wellbeing is our top priority and we are always here to help you!



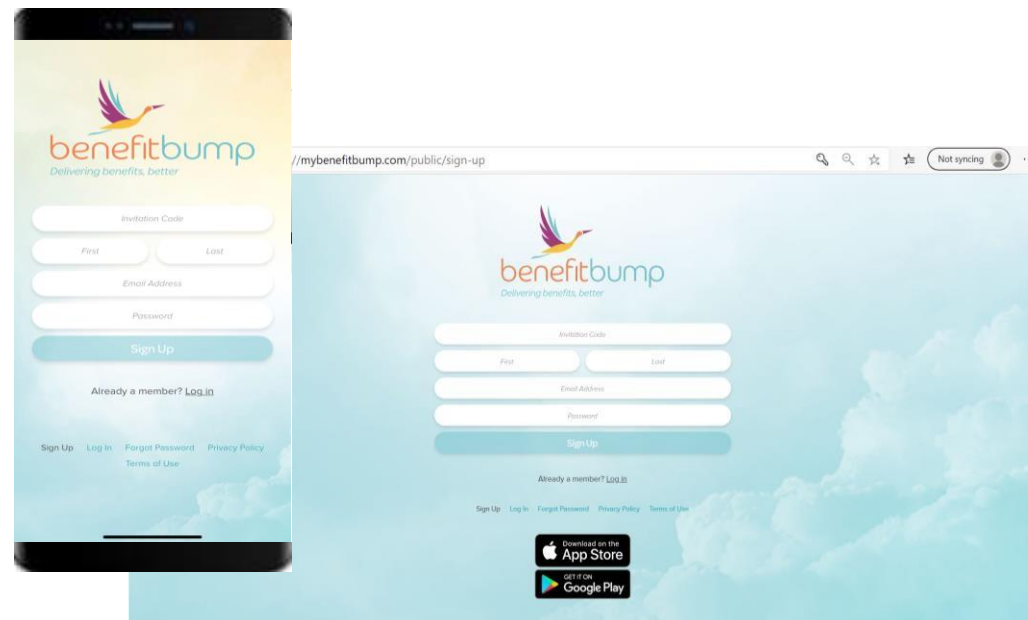
How do you sign up?

You can register one of two ways:

1. Call us at [\(888\)BUMP-314](tel:(888)BUMP-314)
2. Visit mybenefitbump.com or download the mobile app.
To download it on the AppStore: [Benefit Bump - Apple Store](#). To download it on the Google Play Store: [BenefitBump - Google Play Store](#).



When registering, use invitation code: **A-STATE**





What happens next?

After registration, you will be encouraged to have an orientation call with your Care Navigator to learn about the BenefitBump program and resources. In that call you will,



Complete the intake process



Receive an overview of Arkansas State University's Benefits and resources



Review "to-do list"



Schedule recurring calls





Fun, high quality gifts for you to choose from

As participants get close to the big day, shop the BenefitBump gift gallery

As you near your adoption placement or due date, your Care Navigator will take you on a shopping spree! Choose the items you need and have them mailed straight to your door.



If you don't need or want a gift, you can donate the items to a local charity