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

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
As participants get close to the big day, shop the BenefitBump gift gallery for fun, high quality gifts for you to choose from.

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

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.