



North Carolina
State Health Plan
FOR TEACHERS AND STATE EMPLOYEES



Board Action on Benefit Design, Plan Options & Premiums

Board of Trustees Meeting

December 2, 2016

A Division of the Department of State Treasurer

Board Action

1. Coverage of Short-Term Rehabilitative Therapies

To provide benefit consistency between the plan options and improve the benefit offered to Plan members, Plan staff recommends modifying the Physical Therapy, Occupational Therapy, and Speech Therapy benefits under the Consumer-Directed Health Plan (CDHP 85/15) to align with the benefits under the Traditional 70/30 and Enhanced 80/20 plans as outlined in the *Coverage of Short-Term Rehabilitative Therapies under the CDHP* presentation and as follows:

Effective January 1, 2017, Plan staff recommends approval of the following for CDHP:

- Remove the combined 30-visit limit on PT, OT, and Chiropractic care services;
- Remove the 30-visit limit on speech therapy; and
- Place a 30-visit limit on Chiropractic care.



Board Action

2. Coverage for Gender Dysphoria

Plan staff recommends approval of coverage for the treatment of gender dysphoria as outlined in the *ACA Section 1557 Requirements –Coverage of Gender Dysphoria* presentation and as follows:

Effective January 1, 2017, remove the following blanket exclusions:

- Treatment or studies leading to or in connection with sex changes or modifications and related care;
- Psychological assessment and psychotherapy treatment in conjunction with proposed gender transformation.

And provide medically necessary services for the treatment of gender dysphoria.

