

June 2020 Member Focus

Your State Health Plan Benefits and COVID-19

(Members on the 80/20 Plan, 70/30 Plan & High Deductible Health Plan)

The State Health Plan has extended the following COVID-19 benefits until July 31, 2020.

- The Plan is waiving the cost of treatment (medical treatment only) for members diagnosed with COVID-19, including associated deductibles, copayments and coinsurance. *Any medications prescribed to treat COVID-19 will be subject to the copay/coinsurance.*
- The Plan is waiving the cost associated with the testing of COVID-19 regardless of site of service (where you receive the test) to ensure there are no cost barriers to testing.
- The Plan is waiving the copay for in-person and virtual Primary Care Provider (PCP) visits to screen for COVID-19. Screening visits will not be subject to your deductible or coinsurance, even if your deductible has not been met.

As a reminder, the early medication refills limit waiver ended June 15, 2020.

(Members on the UnitedHealthcare Medicare Advantage Plans)

- There will be no cost to members for the treatment of COVID-19 until at least September 30, 2020.
- There will be no cost for the COVID-19 test. If you think you have been exposed to the virus, contact your Primary Care Provider. Copays and coinsurance are also waived for visits associated with the COVID-19 testing, regardless if care is furnished in physician office, urgent care or ER.
- Beginning May 11, 2020, until at least September 30, 2020, there will be no cost for in-network, non-COVID-19 telehealth visits for members.
- If you need an early prescription refill, you may request one through your pharmacy. Look at your current supply of medications, as well as what you might need in the near future, to decide if you should refill early. Check to see if home delivery is an option with local pharmacy or use Optum Home Delivery through UnitedHealthcare (UHC).
- The UHC HouseCalls program was suspended for the health and safety of members and clinicians. However, to ensure that members

continue to receive their HouseCalls visits even during the COVID-19 national health emergency, UHC has introduced HouseCalls Virtual Visit. You will need to have an email and proper webcam capability to be offered a virtual visit. To find out more about HouseCalls Virtual Visit, please call Customer Service at 866-747-1014.

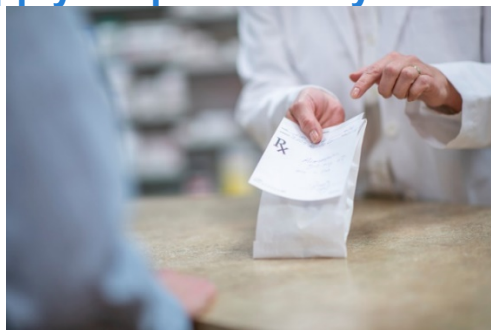
- UHC is also offering free emotional support for those who feel extra stress or fear due to COVID-19. You can call the Emotional-Support Help Line from Optum at 866-342-6892, TTY 711, 24 hours a day, seven days a week.
- For the most up-to-date information from UnitedHealthcare, please [visit us online](#) or visit the [CDC website](#).

Additional COVID-19 information can be found on the State Health Plan website under [Coronavirus Updates](#).

Medication Extended-Day Supply Request Policy

(Members on the 80/20 Plan, 70/30 Plan & High Deductible Health Plan)

State Health Plan members who will be traveling outside of the United States for 90 days or more under certain circumstances, such as studying, working, living or vacationing abroad, may request an extended-day supply of medication.



Members may request additional refills for this purpose, by completing the "[Medication Extended-Day Supply Request Form](#)" and emailing it to SHPEDSR@nctreasurer.com 30 days prior to their scheduled departure date. Please notify your provider of your plans. Submitted requests may be approved or denied based on the Plan's consideration of all available information and the individual circumstances of each request.

Certain medications, such as controlled substances, may be restricted to a day-supply limit set by the Drug Enforcement Administration (DEA) or other applicable law, which cannot be overridden by the Plan or its Pharmacy Benefit Manager.

When traveling within the United States, members can use their Plan pharmacy benefit at any in-network pharmacy to fill their prescriptions. Requests for quantities of medications exceeding the typical 90-day supply limit while traveling within the United States may only be approved under special circumstances. [See full policy here](#).

New Policy on Evaluating Incapacitated Dependents

The State Health Plan has posted a new policy to establish a clear process for evaluating the continuation of health benefit coverage for a dependent child over the age of 26 if the dependent child is physically or mentally incapacitated to the extent that he or she is incapable of earning a living.

Pursuant to N.C. Gen. Stat. § 135-48.41(b), coverage of a dependent child may be extended beyond the child's 26th birthday due to incapacity if two statutory criteria are met. First, the Plan must determine that the dependent child is physically or mentally incapacitated to the extent that he or she is incapable of earning a living.

And second, the Plan must determine that either the handicap developed or began to develop before the dependent child's 19th birthday, or the handicap developed or began to develop before the dependent child's 26th birthday if the dependent was covered by the Plan in accordance with N.C. Gen. Stat. § 135-48.40(d)(7). Visit the Plan's website to [view the full policy](#).

Solutions for Caregivers

(Members on the UnitedHealthcare Medicare Advantage Plans)

Are you dedicating time and energy providing care to another individual? Are there community resources available to assist? The Solutions for Care support program available through your UnitedHealthcare Group Medicare Advantage plan can provide you with information, education, resources and care planning.

You have access to the following at no additional cost:

- Get helpful advice and assistance finding services and programs from a professional care manager
- Receive a personalized care plan with recommendations
- and resources
- You will have access to the Solutions for Caregivers website to explore our library of articles and caregiver-related products and services
- Have a registered nurse perform an in-person assessment of
- your situation, if needed

To learn more about the Solutions for Caregivers program call 1-866-896-1895, TTY 711, 24 hours a day, 7 days a week.

You may also go online to access educational resources, discounted products and services anytime by [clicking here](#). When creating an account, please use the code: uhretiree.

Reminder: 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Ending Soon! Just 3 Sessions Left!



There are a few “Understanding Your Medical Plan Options When You Become Medicare-Eligible” online webinars remaining. Please sign up for a time convenient for you. Space is limited, so register today!

6/23/2020	10am-12pm	Register
6/30/2020	10am-12pm	Register
7/28/2020	10am-12pm	Register

Did You Know...

June is Men's Health Awareness Month

National Men's Health month is celebrated each June with special emphasis during the week before Father's Day. This national observance raises awareness of preventable health problems and encourages early detection and treatment of disease. Below are some ways to support men's health and those you love.



- **Make prevention a priority.** Many health conditions can be prevented or detected early with regular checkups. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more. On the 70/30 and 80/20 Plans, routine physicals are covered once a year at 100% if filed as a preventive service by an in-network provider.
- **Be aware that the leading cause of death in men is heart disease.** Know the major signs and symptoms of a heart attack.
- Pain or discomfort in the jaw, neck, or back

- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

If you are having any of these symptoms seek medical attention and don't delay being evaluated by a medical provider. Always call 911 immediately if you think you or someone you know is having a heart attack.

- **Eat healthy** and include a variety [of fruits and vegetables](#) in your diet each day. Fruits and vegetables contain vitamins and minerals that may help protect you from chronic diseases. Avoid foods that are high in calories, sugar, salt and fat.
- **Get Moving.** [Physical activity](#) can help control your weight, reduce your risk of heart disease and some cancers, and improve your [mental health](#).
- **Quit Smoking.** Smoking has been linked to cancer, heart disease, stroke and increases the risk of sexual dysfunction. On the 70/30 and 80/20 Plans, tobacco cessation support is covered as part of your preventive benefits. Tobacco cessation counseling is available at a CVS MinuteClinic or certain Primary Care Provider offices.

Wellness Tip: Know Your Health Numbers

Your [health numbers](#) can tell you about your risk for chronic disease such as diabetes and heart disease. Learn your blood sugar lab values, waist measurement, body mass index (BMI) and blood pressure numbers. Take stock of your [risk factors](#).

When you're ready to take action, talk to your Primary Care Provider for the steps to take. You can also visit the Centers for Disease Control and Prevention's (CDC) [National Diabetes Prevention Program](#) to find [tools and resources](#) to help you make healthy changes that have lasting results.

SAVE THE DATE:

2021 Open Enrollment October 15-31, 2020!