

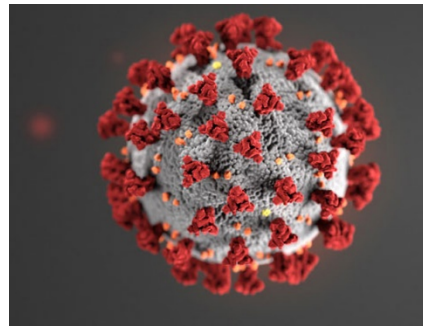
March 2021 Member Focus



COVID-19 Update for Plan Members

(Members on the 80/20 & 70/30 Plans)

The State Health Plan is currently waiving the cost of treatment (medical treatment only) for members diagnosed with COVID-19, including associated deductibles, copayments and coinsurance **This waiver ends March 31, 2021.**



Coverage for COVID testing and screening remains unchanged and includes:

- 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 waiver includes associated deductibles, copayments and coinsurance. Testing and treatment at an out-of-network provider may incur non-reimbursable charges. This waiver is in effect until the federal [CARES Act](#) requirement expires.
- 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. This waiver is in effect until the federal [CARES Act](#) requirement expires.

As a reminder, the COVID-19 vaccine is currently being administered to certain populations. Please visit the [North Carolina Department of Health and Human Services](#) to learn more about the vaccination rollout to determine if you are eligible.

When you are eligible to receive the vaccine there will be no cost for members. It will be covered 100% by the State Health Plan. While there is no member cost, the State Health Plan is paying for the administration of the vaccine, which is why it's important to present your ID card. The vaccine is currently being paid for by the federal government.

For more information on COVID-19 benefits and coverage for our Humana Medicare Advantage members, [click here](#).

State Health Plan Members: Keep Your Contact Information Current!

(All Members)

It is important that the State Health Plan has your updated contact information so we can communicate with you on a regular basis about your health plan benefits. It is **critical** that you have a valid address, phone number and email address in the Plan's enrollment system, [eBenefits](#), to ensure you are receiving important health plan information in order for you to maximize your benefits all year long.

You can easily access [eBenefits](#) from the State Health Plan's website at www.shpnc.org and click [eBenefits](#) at the top of the website.

A couple of important things to keep in mind:

- In [eBenefits](#), if the fields to update your contact information are grayed out, you will need to contact your employing unit to update your information. If you are employed by a state agency, you will need to log into BEACON to update your address **AND** log into [eBenefits](#) to update your email address and phone number. It's necessary to update in **BOTH** places.
- If you are a retired member, you will need to make sure your information is updated within [eBenefits](#) **AND** ORBIT. The two systems do NOT coordinate, so you will need to ensure that your contact information is updated in both places.

For assistance, please call the Plan's Eligibility and Enrollment Support Center at 855-859-0966.

Attention Humana Medicare Advantage Plan Members! Bringing Humana to You Online Events

Please join Humana for the Bringing Humana to You (BH2U) webinar events! These online events will be held April through June and will help you learn about how to improve your health and well-being through education events, Humana resources, and getting involved in activities.

Humana representatives will share information about steps you can take to become the best version of yourself. The Bringing Humana to You (BH2U) online events are broken into three categories.

- **Get Involved Events (Tuesdays)** allow you to participate in events and activities that encourage you to develop your overall well-being through Virtual Volunteering, Cooking Demonstrations, and Virtual Craft events.
- **Resource Spotlight (Wednesdays)** takes a deeper look into the resources available with your Humana Medicare Advantage PPO plan at no extra cost to you. Each session will highlight a specific Humana resource such as Pharmacy, Humana Neighborhood Centers, Go365, SilverSneakers, and more.
- **Education Workshops (Thursdays)** focus on educational topics such as the health benefits of getting a good night's sleep, simple steps to boost your immunity, how to decompress from stress, foods to boost your brainpower, and cooking for one, just to name a few.

Be on the lookout for a postcard that will be mailed to your home with registration instructions. Information about these events is also available on the custom Humana State Health Plan [website](#).

You may also [register](#) today for one of the webinars. After registering for a webinar, you will receive a registration confirmation email with instructions on how to log into the webinar on the day of the event.

Are You Getting Enough Healthy Sleep?

Getting the right amount of high-quality sleep is important for keeping your body and mind healthy. There are many steps you can take to get better rest.

Good sleep is essential to good health. A lack of sleep may lead to:

- Difficulty thinking clearly and reacting quickly
- Problems with memory
- Increased risk of heart disease, high blood pressure and other medical conditions
- Increased risk of depression and irritability
- Weight gain

To learn more about how sleep affects your health and tips to getting better sleep, attend the Bringing Humana to You (BH2U) Education Workshop webinar on April 8, 2021, at 10 a.m., Eastern time (ET).

If you have questions about your Humana Medicare Advantage PPO Plan, please call the dedicated State Health Plan Humana Group Medicare Customer Care team at **1-888-700-2263 (TTY: 711)**, Monday – Friday, 8 a.m. – 9 p.m., ET.

Reminder: 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Scheduled Through August!

The State Health Plan is offering online webinars with important information on “Understanding Your Medical Plan Options When You Become Medicare-Eligible” through August 2021. These popular, free webinars are designed for active employees who will soon be 65, are already 65 or older, and retirees getting ready to turn 65.

Each webinar lasts approximately 2 hours and will explain important information regarding Medicare, your retirement health benefit options and offer the opportunity to ask questions.

The next session is scheduled for 10 a.m. March 23. Visit the Plan's [website](#) to register for one of the online events.

Did You Know...

National Nutrition Month & Blue365 Discounts

March is National Nutrition Month. Developing healthy eating patterns can help us lower our risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.



According to the [Dietary Guidelines for Americans](#), a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts

- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

USDA's [My Plate](#) can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.

Do you need some help making a change in your diet? Nutrition counseling is covered in network as part of your preventive health benefits. Please see your 2021 benefits booklet for your [70/30 Plan](#) or [80/20 Plan](#) for more information.

Blue365 offers premier health and wellness discounts and is free to join for State Health Plan members. A variety of discounts are available and include:

- **Nutrition:** Enjoy savings on nutrition services and products
- **Apparel & Footwear:** Save on name brands
- **Fitness:** Gym and online experience discounts

For Plan members, Blue365 is available via Blue Connect which is available via [eBenefits](#), your one-stop shop for all member benefit information. Follow these steps to get started:

- Go the State Health Plan website at www.shpnc.org.
 - Click on [eBenefits](#) at the top of the page.
 - Once logged into [eBenefits](#), look for a link to Blue Connect in the left-hand menu.
 - Once in Blue Connect, click *Wellness* at the top of the page.
 - Scroll down to Member Discounts Blue365 Program to click and save!
-



**This Month's
Healthy
Recipe**



**This Month's
Wellness
Tip**



**Mediterranean
Breakfast Sandwiches**

Get the Recipe! >



**Improving Your
Eating Habits**

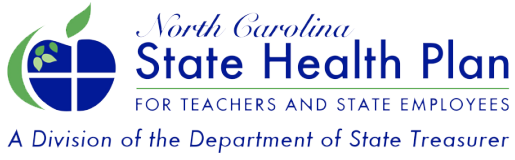
Learn More! >

Connect with us on facebook

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: ppo.inquiries@nctreasurer.com



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