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HBR Alert

An important update
for all State Health Plan HBRs!



FREE Weight Management Pilot for N.C. Community College Employees!

Do your employees want to lose weight, but aren't sure how to begin?

The State Health Plan (Plan) is pleased to offer a pilot program specifically for N.C. Community College employees. The Plan is gauging interest and engagement on an app-based tool to help with weight loss. Prior to your employees receiving information regarding this offer, the Plan wanted to make you aware.



The Weight Management Program is a 12-week, app-based online program that helps participants set goals to achieve or maintain a healthy weight and increase their physical activity.

This program, offered in partnership with Blue Cross NC, is available at no additional cost to N.C. Community College employees and spouses on the State Health Plan.

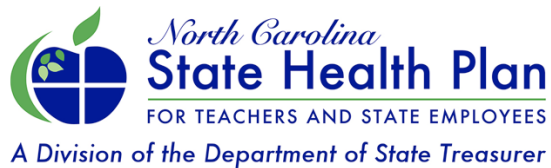
Participants will receive weekly content that contains activities, articles on topics such as how to get started with weight loss, mindful eating, physical activity, recipes and tips, as well as weekly weight loss goal check-ins. Activities take only about 5 minutes a day to complete and participants can chat with a nurse through the app, Wellframe.

Outreach to employees will not begin until July.

Please join us for a brief webinar on June 23, 2021, from 10 to 10:30 a.m. to learn more and how you can help promote this offer to your employees.

Please note: this webinar is for HBRs not employees.

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Dale R. Folwell, CPA
STATE TREASURER OF NORTH CAROLINA
DALE R. FOLWELL, CPA

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State Health Plan for Teachers and State Employees
North Carolina Dept. of State Treasurer
3200 Atlantic Ave
Raleigh, North Carolina 27604

The logo for iContact, featuring the word "iContact" in a stylized font with a registered trademark symbol, and the tagline "TRY IT FOR FREE" with a right-pointing arrow below it.