

July 13, 2021 HBR Alert



HBR Alert

An important update
for all State Health Plan HBRs!

Dale R. Potwell, CPA
Treasurer, North Carolina State Health Plan
A Division of the Department of State Treasurer
Treasurer Dale R. Potwell, CPA

FREE Weight Management Program for N.C. Community College Employees Begins!

The State Health Plan (Plan) is pleased to offer a pilot program specifically for N.C. Community College employees and their spouses. 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 their spouses. Please note that spouses **must** be listed as a dependent on the Plan to participate.

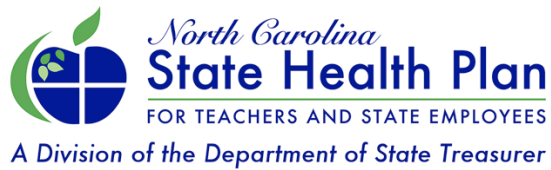
Participants will receive weekly content that contains activities, articles on topics such as how to get started with weight loss, mindful eating, physical activity, recipes and tips, as well as weekly weight loss goal check-ins. Activities take only about 5 minutes a day to complete and participants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

How can your employees join? Eligible members will receive an email from Blue Cross NC with instructions on how to download the Wellframe App and enroll in the program.

Plan members who do not have an email address registered in BlueConnect can participate in the program by downloading the

Wellframe App from their App Store and enter access code **ncshpwellness** to participate in the program.

You are encouraged to share this [flier](#) with your employees to promote the program.



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

The signature of Dale R. Folwell, CPA is written in a green cursive font. Below the signature, the text "STATE TREASURER OF NORTH CAROLINA" and "DALE R. FOLWELL, CPA" is written in a blue sans-serif font.