

# March 2024 HBR Update



## **Eat Smart, Move More, Weigh Less for Summer!**

Help your employees gear up for summer by learning healthy habits! HBRs are encouraged to share this information with employees: **Eat Smart, Move More, Weigh Less** is a 15-week weight management program delivered online in real time by a live Registered Dietitian (RDN) instructor. Lunchtime and evening classes are available beginning the week of April 21.

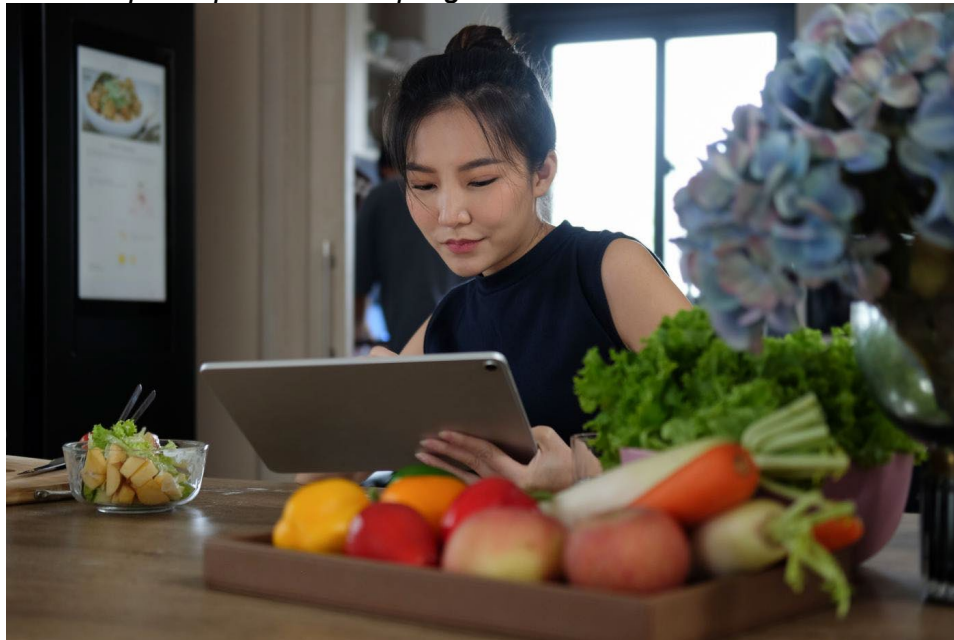
Active State Health Plan members are eligible to **participate at no cost** with the code **GNC2024\***. Note: Retirees on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20) may also participate at the fully covered cost, as long as the State Health Plan is their primary coverage. [Click here](#) to register.

For employees who have already completed the Eat Smart, Move More, Weigh Less program: They can continue their healthy journey with **Eat Smart, Move More, Weigh Less 2!** Lunchtime or evening classes are available and begin the first week in June. Active State Health Plan members can **participate at no cost!**

**Eat Smart, Move More, Weigh Less 2** is a 12-week program intended for those who have completed the Eat Smart, Move More, Weigh Less program. Classes are held **online with a live instructor** and are accessible on a computer or mobile device. Lesson topics go more in depth and include Choose Healthy Fats, Manage Stress, Control Sugar, and [more](#).

As noted above, State Health Plan members are eligible to **participate at no cost** with the code **GNC22024\***. Retirees on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20) may also participate at the fully covered cost, as long as the State Health Plan is their primary coverage. [Click here](#) to register.

*\*Retirees covered by Humana are not eligible for the discount. Employees will be asked to enter their State Health Plan ID number and a claim will be filed for their participation in the program.*



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## Webinar Recording Available

In case you missed it, we have posted a recording of the March HBR Webinar on the State Health Plan website HBR section's [Training and Development page](#).

The March 14 webinar included additional information on the Aetna transition and other updates regarding group premium billing. HBRs who missed the live webinar are encouraged to give it a listen.

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## 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars For Prospective Retirees

HBRs are urged to share this information with employees nearing retirement: The State Health Plan's 2024 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" series of [convenient webinars](#) has started!

These popular, free webinars are designed for employees who will soon be 65, are already 65 or older, and retirees getting ready to turn 65. Each event lasts approximately 2 hours and will explain important information regarding Medicare, retirement health benefit options and offer the opportunity to ask questions.

Employees who wish to attend are encouraged to [register](#) soon, as these events fill quickly!

The next two webinars are scheduled for March 21 and March 26. Webinars are also set for April, May, June, November and December. [Click here to register!](#)

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This Month's  
Healthy  
Recipe



**Mushroom Piccata  
Pasta**

[Get the Recipe! >](#)



This Month's  
Wellness  
Tip



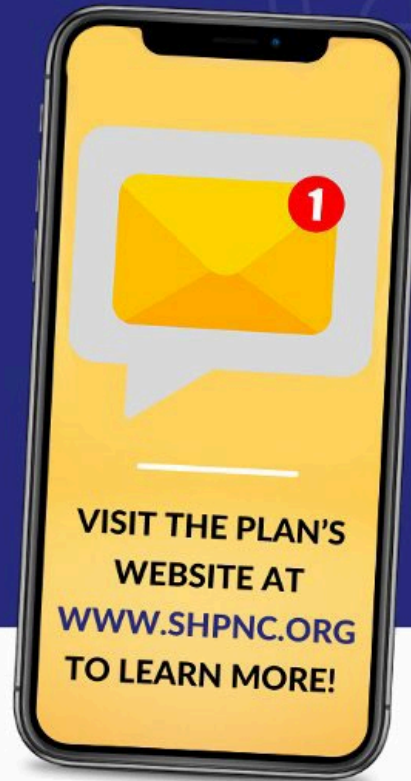
**National  
Nutrition Month**

[Learn More! >](#)

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# TEXT "JOIN" TO 76971

- Sign up to receive State Health Plan updates by text! Just text "Join" to 76971.
- Text messages will be general information regarding your State Health Plan benefits.



**SIGN UP TODAY**



Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: [ppo.inquiries@nctreasurer.com](mailto:ppo.inquiries@nctreasurer.com)



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