

# April 2022 Member Focus



## Take Our Spring Membership Survey!

The State Health Plan is conducting a Spring Membership Survey to help us better gauge your needs and how best to meet them. The survey is brief and your opinions and responses will be kept confidential. You will not be identified or associated with your specific response.

Thank you in advance for your feedback!

[Take The Survey →](#)

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## Humana Medicare Advantage Members: Get Organized to Manage Multiple Medications!

More than 40% of older adults take 5 or more medications per day. Keeping your medications organized can help eliminate stress or confusion about when to take them. Here are six tips to keep you organized and stress free:

- **Pillbox organizers** — Use a pillbox organizer to easily locate and plan out which pills to take and when to take them each day.
- **Refills** — Keep a calendar of prescription refill dates, so you can get an early start on refills. This might prevent you from missing a dose or lapse in schedule. Consider getting your medications in 90-day supplies from [Humana Pharmacy](#) (mail order) or retail pharmacy.
- **Go digital** — Use digital tools, such as web or mobile apps, to keep track of all your medications.

- **Daily habits and routine** — Taking your medication as part of your regular routine will help to create a healthy habit and seamlessly incorporate your prescriptions. For example, when you wake up, take your medication before something routine you do each day.
- **One pharmacy** — Filling prescriptions at one pharmacy will help the pharmacist know what you are taking and if there is any potential for interactions or side effects. Your pharmacist can also do what is called “medication synchronization.” This is where your pharmacist will coordinate your refills, so you can pick them all up on the same day.

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## Reminder: 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Under Way through July!

The State Health Plan is again offering online webinars with important information on “Understanding Your Medical Plan Options When You Become Medicare-Eligible.”

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.



Webinars are scheduled through July. If you haven't already, register soon, as these webinars are expected to fill quickly!

- [April 28, 2022 – 10 a.m. to noon](#)
- [May 11, 2022 – 7 to 9 p.m.](#)
- [May 24, 2022 – 2 to 4 p.m.](#)
- [June 9, 2022 – 10 a.m. to noon](#)
- [June 21, 2022 – 2 to 4 p.m.](#)
- [July 12, 2022 – 10 a.m. to noon](#)
- [July 21, 2022 – 2 to 4 p.m.](#)

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## Your Health Minute

**National Autism Awareness Month**

April is National Autism Awareness Month. According to the Center for Disease Control and Prevention, [Autism Spectrum Disorder](#) (ASD) refers to a broad range of conditions that can cause difficulty with social interactions, communication and presents behavioral challenges. These [developmental disabilities](#) can be difficult to diagnose as a medical blood work test does not exist. Instead, diagnosis is made based on behavior and development. People with ASD may communicate, interact, behave, and learn differently than others.

The State Health Plan covers Applied Behavior Analysis therapy in-network for treatment of ASD under the 70/30 and 80/20 PPO Plans. More information can be located in your individual plan [benefit booklet](#) under “Applied Behavior Analysis.” If you need help in finding a provider, the online “[Find a Doctor Tool](#)” is available.



**French Onion Dip Pasta  
with Arugula**

[Get the Recipe!](#) >



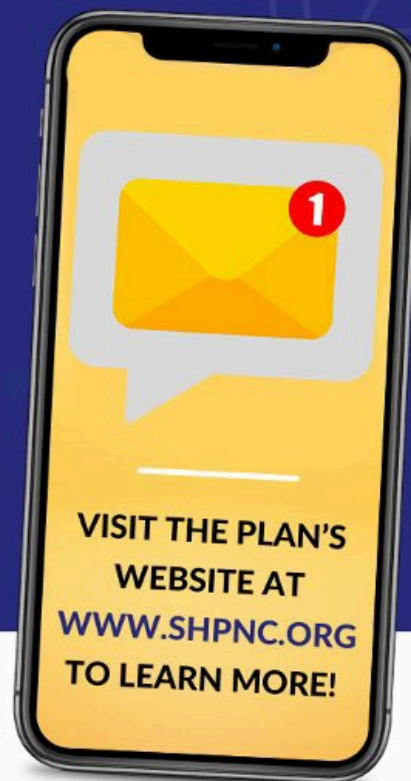
**National Autism  
Awareness Month**

[Learn More!](#) >

# Connect with us on facebook

## 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**

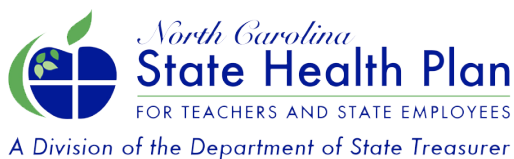


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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)



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