

# April 2023 Member Focus



## End of COVID-19 Public Health Emergency

*(Members Enrolled in the 70/30, 80/20 PPO Plans & HDHP)*

The State Health Plan put multiple temporary benefit provisions in place to assist Plan members during the COVID-19 public health emergency. In January 2023, the federal government announced that the COVID-19 public health emergency will end on May 11, 2023.



Here's what it means regarding coverage as it relates to COVID-19:

- The Plan will continue to cover both the cost of the COVID-19 vaccine and vaccine administration at 100% when members receive the vaccine at an in-network provider as part of the Plan's preventive care benefits. If members receive any other service during the visit, the visit may be subject to a copay. This is true for all other vaccines the Plan covers.
- The Plan will cover COVID-19 tests that are administered by a provider. If members receive any other service during the visit, the visit may be subject to a copay.
- The Plan will no longer cover the cost of over-the-counter (OTC) COVID-19 tests. Members will be responsible for the cost.
- The Plan will no longer cover the cost of COVID testing as it relates to return to work. This means if you have to test negative before returning to work or if a place of employment requires regular testing.

The Plan continues to cover telehealth. Members should always ask their provider if they offer telehealth services. The Plan implemented a new telehealth policy effective January 1, 2023. Below are the services that will no longer be covered at the same copay as in-person care (if a person receives these services via a telehealth appointment). The services below will continue to be covered, but members will have to pay the appropriate copay.

- Dialysis services
- Physical Therapy/Occupational Therapy evaluations
- COVID testing services
- Emergency Department Evaluation and Management Services
- Hospitalization Evaluation and Management Services
- Extended Office Visits
- New Patient Preventative/Annual Wellness Exams

Please call Customer Service at 888-234-2416 if you have any questions about your telehealth benefits.

Through Dec. 31, 2022, the State Health Plan has spent nearly \$445.5 million on efforts to fight COVID, including tests, vaccines and treatment.

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## **End of COVID Public Health Emergency**

*(Humana Medicare Advantage Members)*

There will be some changes to coverage as it relates to COVID-19 for those members enrolled in the Humana Medicare Advantage Plans as a result of the COVID-19 public health emergency ending May 11, 2023.

- The COVID-19 vaccine will continue to be covered 100%. Coverage applies no matter where the member gets the vaccine -- including at both in-network and out-of-network providers. It also covers instances in which two vaccine doses are required. This includes coverage for the booster vaccines. Members will want to show their Medicare ID card when you get the vaccine since this will be covered by Original Medicare.

For more information, call Humana Customer Service at 888-700-2263.

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## **In-Person Sessions Announced for 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Series**

A limited number of [in-person sessions](#) have been added to the 2023 “Understanding Your Medical Plan Options When You Become Medicare-Eligible” series. These sessions – set for April and May – will offer the same information as the [webinars](#) already under way and scheduled through August.

These popular, free onsite sessions and webinars are designed for active members 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, your retirement health benefit options and offer the opportunity to ask questions.

If you haven’t already, [register](#) soon, as these events are expected to fill quickly!

| In-Person Session Schedule |          |   |
|----------------------------|----------|---|
| Date & Time                | County   | Location  |
| April 20, 2023<br>2 p.m.   | Forsyth  | Forsyth Technical Community College,<br>Robert L. Strickland Center, Room 3340,<br>1615 Miller Street, Winston-Salem, NC 27103                        |
| April 21, 2023<br>10 a.m.  | Guilford | Guilford Technical Community College,<br>Jamestown Campus, Sears Applied Technologies<br>Center, Room 120,<br>601 E. Main Street, Jamestown, NC 27282 |
| May 11, 2023<br>2 p.m.     | Pitt     | Pitt Community College,<br>Craig F. Goess Student Building, Multipurpose Rooms,<br>2000 Eddie Smith St., Winterville, NC 28590                        |
| May 17, 2023<br>10 a.m.    | Durham   | Durham Technical Community College,<br>Building 5: Educational Resources Center, Room 5-100,<br>1637 East Lawson Street, Durham, NC 27703             |

[Click here to register for online or in-person events →](#)

## 4 Tips to Occupy Your Time after Retirement

*(Humana Members)*

Are you finally done with that 9 to 5 and have more time on your hands than you know what to do with? Here are some suggestions to keep you active mentally and socially.

### Play Games

Whether it is a board game, card game, or puzzle, these types of activities are great for your brain health and help fight off dementia and Alzheimer's.

### **Volunteer**

Volunteering helps to reduce depression, increase life satisfaction, and gives people purpose.

If you're an animal lover but can't have a pet where you live, you could volunteer at your local animal shelter. Animals need interaction as well, so your time could be mutually beneficial.

Other examples of volunteer opportunities include museums, parks and zoos.

To find more volunteer activities, visit the [North Carolina Volunteer Opportunities](#) website to discover opportunities that are available in the state.

### **Socializing**

Socialization helps to reduce depression and keeps your brain sharp. The possibilities are endless. You can have themed social gatherings, such as a Mardi Gras themed get-together, or you can also have gatherings based on your hobbies. You can host a book club, garden club, or murder mystery dinner just to name a few.

### **Learn something new**

The saying you can't teach an old dog new tricks isn't true. In life we are constantly presented with situations where we may need a little more knowledge. If you have been having an especially hard time figuring out how to use a smartphone, check with your provider. They often host classes to assist you with your device.

Always wanted to learn how to play a musical instrument but never had enough time? There's no time like the present. Some local music stores offer classes as well as local community colleges.

These activities may help you live longer, happier, and healthier lives. So, get out there and start living it!

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## **Your Health Minute**

**April is National Autism Awareness Month**

According to the Centers 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. 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.



**2025 Transition to  
Aetna as TPA**

[Learn More >](#)



**Fontina & Prosciutto Stuffed  
Chicken with Spring Veggies**

[Get the Recipe! >](#)



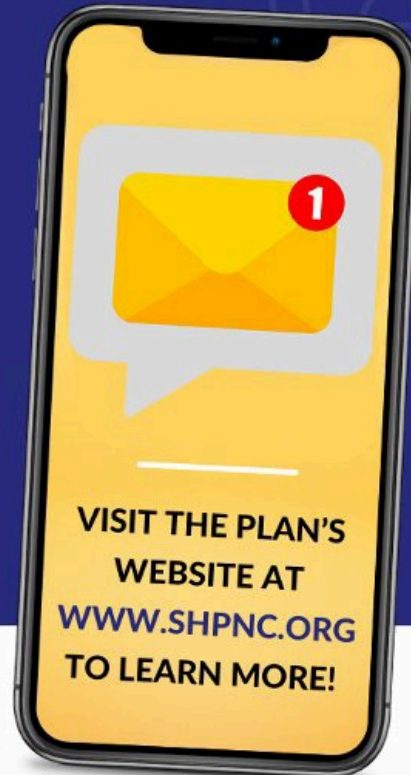
**Autism  
Awareness Month**

[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**

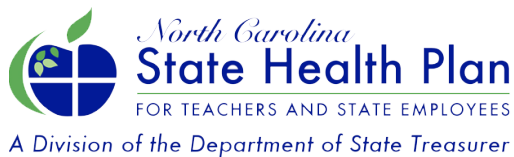


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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