

August 2024 Member Focus



Get Ready for Open Enrollment!

(All Members)

It's almost time! Open Enrollment for the 2025 benefit year will be held Sept. 30 to Oct. 25, 2024. As a reminder, starting Jan. 1, 2025, the State Health Plan's Third-Party Administrator (TPA) will transition from Blue Cross NC to Aetna.



This transition impacts members enrolled in the Base PPO Plan (70/30), Enhanced PPO Plan (80/20) and the HDHP, including Medicare retirees enrolled in the Base PPP Plan (70/30). **This does not impact members enrolled in the Humana Medicare Advantage Plans.**

Open Enrollment information is now available on the Plan's [website](#) including upcoming events, which start in late August and continue through late October.

Don't miss the Aetna Bus or Van in your area! [Click here](#) to view the full schedule so you can if it's coming to a location near you. If it's not, don't worry, there are plenty of webinars and Telephone Town Halls that will offer the same information.

To find the complete event schedule and to register for a webinar or telephone town hall, you can also visit to the State Health Plan's [Upcoming Events page](#). *No registration is necessary for an Aetna Bus or Van event.*

Members should have received a mailer earlier this month regarding these events. Click below to view the applicable mailer.

- [Active & Non-Medicare Members](#)
- [Medicare Members](#)

Reminder! Tobacco Users Can Get a Head Start on Open Enrollment!

(Active Members)

Members who are tobacco users and want to earn their monthly premium credit for 2025 don't have to wait until Open Enrollment this fall. They can take action now to save money throughout 2025!

Tobacco users can attend a tobacco cessation counseling session at their Primary Care Provider's (PCP) office for FREE to earn a lower premium for 2025. They have until Nov. 30, 2024, to take action. *(Note: If members combine their tobacco cessation visit with another service, there may be a copay.)*

This convenient option means there's no need to wait for Open Enrollment in October to secure their monthly premium credit for 2025.

How it works:

- After employees visit a PCP for their tobacco cessation session, the provider will submit a claim on their behalf. To ensure they receive credit for their visit, employees should upload their office visit summary to the "Document Center" located in [eBenefits](#), the State Health Plan's enrollment system. They should make sure to request a copy of their summary during their visit.
- This option is **ONLY** for tobacco users who want to reduce their monthly premium by \$60 per month in 2025.
- **If employees are NOT tobacco users, they will simply attest to that online during Open Enrollment, Sept. 30 to Oct. 25, 2024.**
- During Open Enrollment, they will attest during the online enrollment process. This step is critical to ensure employees receive the lower premium for 2025. Members

Eat Smart, Move More, Weigh Less

(Active Members)

[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 Sep. 1.**

Active State Health Plan members who live in North Carolina are eligible to **participate at no cost** with the code **GNC2024**. Click [HERE](#) to register and to see available class times.



**Active State Health Plan employees can register at no cost. Retirees covered by Humana are not eligible for the discount. Employees will be asked to enter their State Health Plan subscriber ID number and a claim will be filed for their participation in the program.*

Eat Smart, Move More, Prevent Diabetes

(All Members)

Eat Smart, Move More, Prevent Diabetes is a 12-month, CDC-recognized Diabetes Prevention Program delivered online in real-time by a trained lifestyle coach. Lunchtime and evening **classes are available beginning the week of Sep. 8.**

State Health Plan members who live in North Carolina are eligible to **participate for only \$30**, with a **full refund** for completing the program and tracking requirements. **No coupon/voucher code is needed.** Click [HERE](#) to register and to see available class times.

In addition, you can visit the State Health Plan [website](#) for more [health and wellness resources](#).

Humana Medicare Advantage Plan Glucose Testing Supplies

(Humana Medicare Advantage Members)

Did you know that your diabetic supplies are covered under your medical benefits, even if you get them from the pharmacy? Your State Health Plan Humana Group Medicare Advantage PPO Plan covers a variety of diabetic glucose testing supplies. [CenterWell Pharmacy](#) offers the meters listed below, as well as their test strips and lancets, at no cost to you.

CenterWell TRUE METRIX® AIR by Trividia

- Bluetooth® technology
- No coding
- Tiny, 0.5-microliter sample size
- Results in 4 seconds

Accu-Chek Guide Me® by Roche

- Large, easy to read display
- Bluetooth® technology

- Small, 0.6-microliter sample size
- Results in 4 seconds
- No coding required
- Automatically log blood glucose test results to your Android or iOS device with the [mySugr app](#)

Accu-Chek Guide® by Roche

- Simple to see, day or night
- Bluetooth® technology
- Small, 0.6-microliter sample size
- Results in 4 seconds
- No coding required
- Automatically log blood glucose test results to your Android or iOS device with the [mySugr app](#)

To order a meter and supplies from **CenterWell Pharmacy**, call **888-538-3518 (TTY: 711)**, Monday-Friday, 8 a.m.-11 p.m., and Saturday, 8 a.m.-6:30 p.m. (ET).

Your doctor can send prescriptions for meters and other testing supplies by fax or e-prescribe.

You can request a no-cost meter from the manufacturer, **Roche**, by calling **877-264-7263 (TTY: 711)**, or **Trividia Health** at **866-788-9618 (TTY: 711)**, Monday-Friday, 8 a.m.-8 p.m. (ET).

Your Health Minute: National Immunization Month



Keep yourself and your family healthy with proactive immunizations. August is National Immunization Awareness Month. This observance highlights the importance of vaccination not only for children, but for people of all ages. Immunizations are among the most effective ways to protect against serious diseases. Many vaccine-preventable diseases are no longer common thanks to vaccines!

We encourage you to talk to your health care provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination. This can be especially important as the school year approaches.

Remember that preventive care services and medications – including immunizations – are covered at 100% for State Health Plan members on all three plans: the Base PPO Plan (70/30), the Enhanced PPO Plan (80/20), and the High Deductible Health Plan. For details, please go to the [Plan Overview page](#) and view your plan's Preventive Medical Services Summary or Preventive Medications List.


Humana members can find immunization information on the [Humana website](#).




2025 Transition to Aetna as TPA

[Learn More >](#)

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This Month's
Healthy
Recipe



**Crustless Spinach &
Goat Cheese Quiche**

[Get the Recipe! >](#)



This Month's
Wellness
Tip

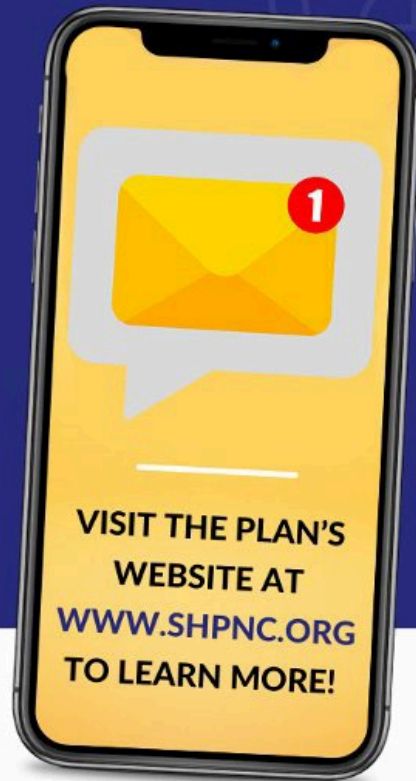


**National Immunization
Awareness Month**

[Learn More! >](#)

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

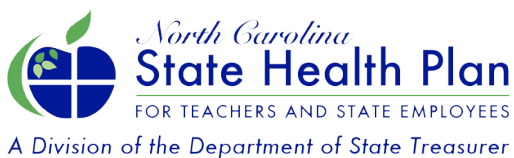


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: ppo.inquiries@nctreasurer.com



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