

February 2023 Member Focus



'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Scheduled through August!

The State Health Plan is 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 August. If you haven't already, register soon, as these webinars are expected to fill quickly!

Please note: A limited number of in-person sessions will also be offered. Stay tuned for more information.

[Click here to register →](#)

Humana Medicare Advantage Members!

We are excited to see you in person and online this year! Bring a friend and come join us at one of your North Carolina Neighborhood Centers for

educational classes just for you! Make sure to register, as space is limited! For a complete list of dates and locations [check out their website here](#). If you do not live near one of the five neighborhood centers or cannot attend in person, the Neighborhood Centers offer virtual and on demand classes too!

Earn Go-365 Rewards:

Attending in person or virtually helps you earn your Go365 rewards points! To learn more about how to activate your account in Go365 join us for an In-Person Coffee and Conversation session where you can ask a Humana Representative about benefits of your plan.

In-Person Class titles

- **Power of Positivity: When Life Gives You Lemons**
- **Helpful Tips for Caregivers**
- **Cooking for One**

For a complete listing of online and in-person events, and to register, visit [Humana's website](#).

Virtual New Member Orientations

Are you new to the State Health Plan Medicare Advantage Plan or just want a refresher on your plan and benefits? The new member orientation highlights features and benefits of your plan. Upcoming dates:

- February 28, 2023, 11 a.m. EST
- March 30, 2023, 1 p.m. EST
- April 27, 2023, 11 a.m. EST
- May 23, 2023, 1 p.m. EST

For a complete listing of online and in-person events, and to register, visit [Humana's website](#).

Your Health Minute

February 2023 is American Heart Month

Sadly, heart disease continues to be the leading cause of death for men and women in the United States. The good news is that it's often preventable! February is American Heart Month, the perfect time to focus on what you can do for your heart. After all, it works hard for you every minute of the day.

Neglecting to take care of your heart can open the way to disease. Heart disease refers to several types of heart conditions, including coronary artery disease and heart attack. The Centers for Disease Control and Prevention lists high [blood pressure](#), high blood [cholesterol](#), and [smoking](#) as key risk factors for heart disease. Approximately half of Americans have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- [diabetes](#)
- [being overweight or having obesity](#)
- [eating an unhealthy diet](#)
- [being physically inactive](#)
- [excessive alcohol use](#)

You can also learn about how [heart disease and mental health disorders are related](#).

Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you **can** control. Staying at a healthy weight, regularly exercising and controlling alcohol use are all ways to positively impact your health. Make this the year that you commit to protecting your heart. Remember, you only have one!





This Month's
Healthy
Recipe



This Month's
Wellness
Tip



**Healthy Buffalo
Chicken Dip**

[Get the Recipe! >](#)



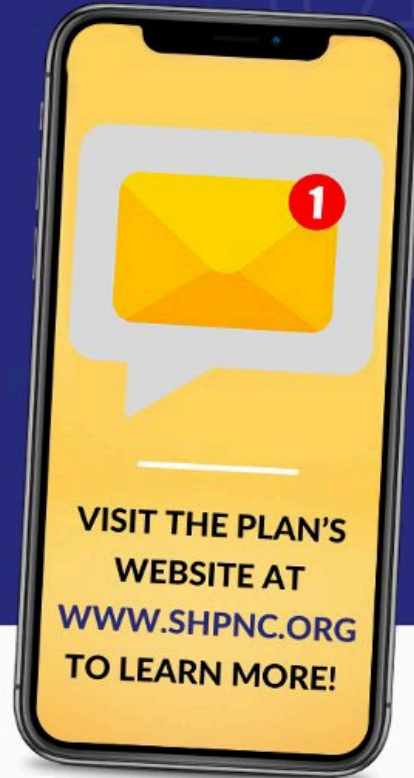
**Tobacco Cessation
Resources**

[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

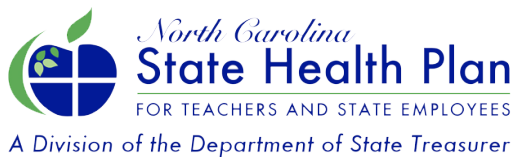


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

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



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