

February 2024 Member Focus



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

(All Members)

The State Health Plan's 2024 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" [webinar](#) series kicks off this month!

These popular, free 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, retirement health benefit options and offer the opportunity to ask questions. If you haven't already, [register](#) soon, as these events fill quickly!



The next webinar is Feb. 22, followed by webinars in March, April, May, June, November and December. Click below to register!

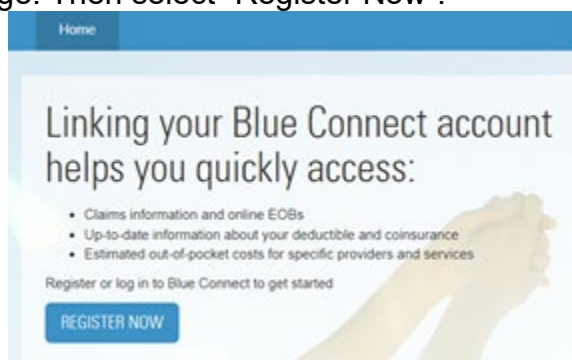
[Register for State Health Plan Webinars →](#)

Blue Connect Access from eBenefits

(Members in the Base PPO Plan [70/30] and Enhanced PPO Plan [80/20])

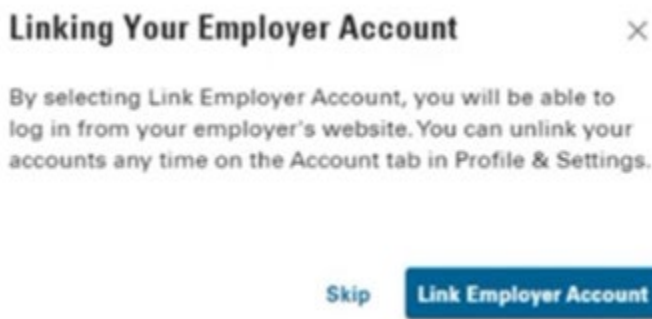
Blue Connect is Blue Cross NC's member portal that helps State Health Plan members manage costs, make more informed health decisions, and reach personal health goals any time. It is accessible via Single Sign-On (SSO) from every member's eBenefits home page (see link under "Quick Links" in eBenefits).

Members must have previously registered with Blue Connect to be able to access the site from eBenefits. To register for the first time, select the Blue Connect Quick Link from eBenefits, and you will be directed to the Blue Connect login page. Then select "Register Now":

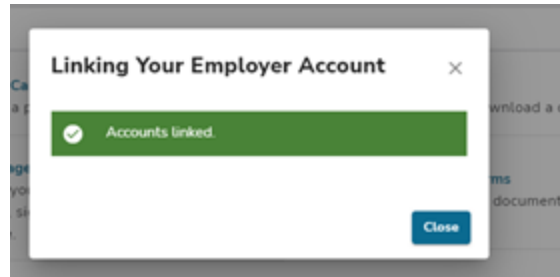


The next time you access the Blue Connect Quick Link from eBenefits, you will be prompted to link your accounts via the following steps:

- When you enter your username and password for Blue Connect, a popup will give you the option to link the accounts:



- After clicking on "Link Employer Account," this popup will appear:



- The Blue Connect and eBenefits accounts are now linked, and, the *next time* the Blue Connect Quick Link is used from eBenefits, you will be taken directly into your Blue Connect account.

If you have previously experienced any issues with logging into Blue Connect from eBenefits, please make sure you have completed the Link Accounts steps above.

Humana Neighborhood Center Open Houses Offered in March

(Humana Plan Members)

Humana invites you to join us at your local Neighborhood Center Open House happening this March! These events will be happening at locations across the state at designated Neighborhood Centers. We are inviting you even if you are not a Humana member, so bring your friends and check us out. In North Carolina, the Humana Account Management team will be in-person for those that have questions regarding their State Health Plan Humana Group Medicare Advantage Plan. We look forward to seeing you there!

What happens at an Open House? You can say hello to the dedicated members of your health team.

Join us for refreshments and fun. Stop by to mingle with other members, learn about the Humana Neighborhood Center®, and get to know your local Humana team. Our knowledgeable staff, including a health educator, Humana Customer Care specialist, Humana representatives, managers and coordinators, are here to answer your questions and support your whole-health needs.

We're looking forward to meeting you. See below for meeting locations, dates and RSVP numbers to call:

Humana March Open Houses				
Region/City	Date	Times	Location	Phone
Charlotte	March 12	10 to 11:30 a.m. 1 to 2:30 p.m.	9901 E. Independence Blvd., Unit B230, Matthews, NC 28105	980-262-6555
Greensboro	March 26	10 to 11:30 a.m. 1 to 2:30 p.m.	1564 A Highwoods Blvd., Greensboro, NC 27410	336-547-2701
Raleigh	March 14	10 to 11:30 a.m. 1 to 2:30 p.m.	4430 Fayetteville Road, Raleigh, NC 27603	919-664-1755
Winston-Salem	March 27	10 to 11:30 a.m. 1 to 2:30 p.m.	1045 Hanes Mall Blvd., Winston-Salem, NC 27103	336-293-0122

Not in North Carolina? No problem! Check out our [Neighborhood Centers site](#) to search for a location near you.

Your Health Minute

Have a Heart — Protect Yours

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!



2025 Transition to Aetna as TPA

[Learn More >](#)



This Month's Healthy Recipe

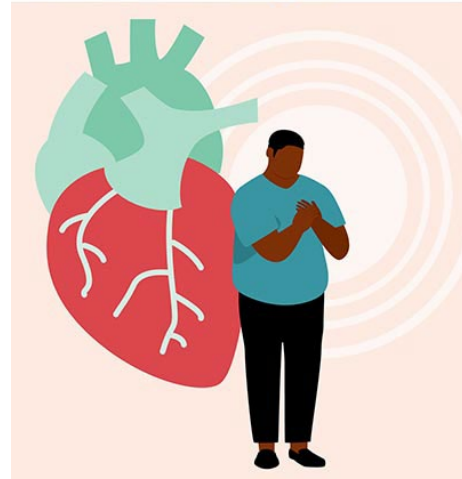


Everyone's Favorite Taco Soup

[Get the Recipe! >](#)



This Month's Wellness Tip



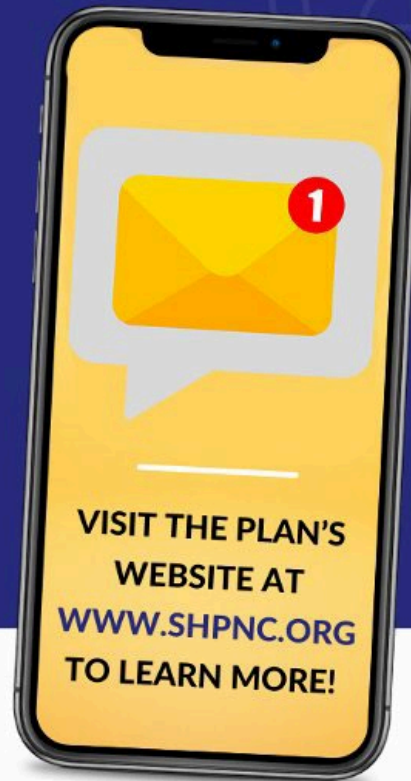
Heart Disease is Often Preventable

[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

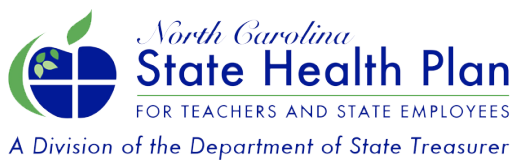


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

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



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