

# February 2025 Member Focus



## Get the Most From Your Aetna Member Portal and Mobile App

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

Use the **Aetna Member Portal**, and **Aetna Mobile App** to easily manage your health benefits.

The member portal allows you to quickly track claims, download or request ID cards, refill prescriptions, find nearby doctors or hospitals, and much more. [Click here to learn more about the features of both.](#) To access the portal, log into [eBenefits](#) and click on Aetna Member Portal under Quick Links.

Also, download the mobile Aetna Health<sup>SM</sup> app on *Apple App Store* and *Google Play*.



## Join us for a Virtual Lunch!

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

### Aetna 101: Your Top 10 Questions Answered

Join us as State Health Plan staff and Aetna representatives address the top 10 questions, we're getting since the transition with Aetna. Choose the date that fits your schedule—both webinars will cover the same information!

This webinar will be offered **February 25** and **February 27** at Noon and will last approximately 30 minutes.



AETNA 101  
**LUNCH**  
*and*  
**LEARN**

[Click here to register →](#)

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

*(All Members)*

The State Health Plan's 2025 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" series has started!

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!

Upcoming webinars are scheduled for **February 18**, **March 4**, and **March 20**. Future webinars in April, May, June, July, and August are also scheduled.

[Click here to register →](#)

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## Humana Member Engagement Activities

*(Humana Medicare Advantage Plan Members)*

Make 2025 the best year yet! **Join Humana online and in-person** for events that can help you make the most of your State Health Plan Humana Medicare Advantage Plan. Events are offered through the State Health Plan's Humana Group Medicare Advantage plan at no extra cost to you.

### **Bringing Humana to You (BH2U) Online and In-Person Sessions**

These seminars are for our new members as well as current members who may want a refresher on everything their healthcare plan has to offer. Topics include:

- Humana Medicare Advantage PPO plan
- SilverSneakers® fitness program
- Go365 by Humana®—Humana's wellness and rewards program

You'll also have available resources on <https://your.humana.com/ncshp>, including coverage documents and helpful online tools.

The In-person informational classes will be held throughout the upcoming months at various CenterWell locations. The presentation can last up to 2 hours. Upcoming dates and times are as follows:

<b>February 18, 2025</b>	1:00 pm	Durham CenterWell* 3500 N Roxboro St, Suite 1B, Durham, NC 27704	phone: 336-344-9677
<b>April 15, 2025</b>	10:00 am	Charlotte CenterWell 5415 South Blvd., Charlotte, NC 28217	phone: 704-486-8230
<b>June 3, 2025</b>	11:00 am	Greensboro CenterWell* 9901 E. Independence Blvd., Unit B230 Greensboro, NC 27403	phone: 336-790-5400

\* The Durham and Greensboro locations will include *Stay on Beat: Tips to Keep your Heart Healthy* from Humana’s Health Educator Jill Davis.

You can register online at: <https://your.humana.com/ncshp>  
Check back for more details on upcoming in-person and online events.

## Your Health Minute

(All Plan Members)



### Have a Heart – Protect Yours

February means Valentine’s Day and **American Heart Month**. Heart disease refers to several types of heart conditions, including coronary artery disease and heart attacks. Heart disease is the leading cause of death in the United States for both men and women. Cardiovascular disease, which also includes stroke, is the No. 1 killer of women. Nearly half of women ages 20 and older are affected, yet many remain unaware of this significant health threat.

Key risk factors for heart disease include [high blood pressure](#), high blood [cholesterol](#), and [smoking](#) - approximately half of Americans have at least one of these. Other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, such as:

- [Diabetes](#)
- [Being overweight or obese](#)
- [Unhealthy eating habits](#)
- [Physical inactivity](#)
- [Excessive alcohol use](#)

Learn about how [heart disease and mental health](#) are also related.

The good news, according to the [American Heart Association](#), is that many instances of heart disease are preventable with education and a [healthy lifestyle](#). The more you know about the risks, the better your chances of preventing or managing heart disease. It's so important to recognize the [signs and symptoms](#) of heart attacks or stroke and take action to improve your health.

While some risk factors, like age and family history, can't be controlled, there are things you can do to lower your risk. Maintaining a healthy weight, exercising regularly, and moderating alcohol consumption can all have a positive impact on your heart health. Make this the year you commit to protecting your heart—you only have one!

Connect with us on **facebook**

 Follow us on **Instagram**



Sheet-Pan Honey Mustard  
Salmon & Vegetables

**GET THE RECIPE! >**



American  
Heart Month

**LEARN MORE! >**

Eligibility and Enrollment Questions: 855-859-0966  
For questions on this newsletter, e-mail: [shpmemberinquiries@nctreasurer.com](mailto:shpmemberinquiries@nctreasurer.com)