

January 2022 Member Focus



Coverage for At-Home Rapid COVID-19 Tests

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

Per the President's Executive Order, **At-Home Rapid COVID-19 tests** will be covered 100% effective January 15, 2022. The State Health Plan (Plan) will offer this coverage to Plan members enrolled in the 80/20 and 70/30 PPO Plans as well as the High Deductible Health Plan (HDHP) via the pharmacy benefit. **There is a limit of 8 At-Home Rapid tests per 30 days.** *This does not apply to tests purchased prior to January 15, 2022.*

Plan members will have two options for coverage of At-Home Rapid COVID-19 tests:

1. Purchase your At-Home Rapid COVID-19 test at a local pharmacy using your State Health Plan ID card. When purchased at the pharmacy with your ID card, there should be no cost to the member, or
2. Purchase an At-Home Rapid COVID-19 test online or in a store and submit a receipt and claims form for reimbursement

Members electing to purchase the test and submit a claim should use the [Prescription Reimbursement Claim form](#) located on the Plan's website.

Members should submit a receipt, that clearly indicates the test purchased, along with the claims form. Expect the claims reimbursement process to take between 30 and 90 days.

Members Enrolled in a Humana Medicare Advantage Plan

Humana continues to cover FDA approved and/or emergency use authorized COVID-19 testing through health care providers without a referral or prior

authorization. The testing location itself may require an order or prescription. It is recommended that members contact the testing location for details.

Medicare is exempt from this Executive Order.

'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Begin This Month!

Beginning January 27, 2022, the State Health Plan will offer 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.

Current webinars are planned through February. More webinars will be offered later this year, so watch upcoming Member Focus newsletters for updates. Visit the Plan's website to register for one of the online events or click below. Register soon, as these webinars are expected to fill quickly!

[January 27, 2022: 2:00 p.m. - 4:00 p.m. →](#)

[February 8, 2022: 10:00 a.m. - noon →](#)

[February 23, 2022: 2:00 p.m. - 4:00 p.m. →](#)

SHP 101: Spotlight on Nutrition and Weight

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

The next State Health Plan 101 webinar will focus on nutrition and weight management benefits available to members on the 70/30 PPO Plan, 80/20 PPO Plan and High Deductible Health Plan. Find out about free or reduced cost dietitian visits, nutrition and weight management resources. You'll also learn about the Eat Smart, Move More, Weigh Less program and Blue365 discounts!

Just click below to register!

[January 26, 2022: 12:30 p.m. →](#)

[January 26, 2022 - 4:00 p.m. →](#)

Focus on Your Health in 2022!

(Active Members)

The Eat Smart, Move More, Weigh Less program includes 15 weekly online sessions delivered by a live Registered Dietitian Nutritionist. Each session will empower you to make healthy lifestyle changes to achieve and maintain a healthy weight.



State Health Plan active members can participate at **no cost**. Please use this coupon/voucher code: GNC2022. Each weekly session is covered at 100% as a telehealth group nutritional counseling visit. The next series begins the week of February 7, 2022.

This opportunity is only for active members. [Register here](#) and enter in the code above. Remember to register before February 4, 2022!

Attention Humana Medicare Advantage Plan Members!

2022 Humana Member Engagement Activities

Make 2022 the best year yet! Join Humana online for two series of events that can help you make the most of your State Health Plan Humana Medicare Advantage Plan and learn more about various health and wellness topics: New Member Orientation and Bringing Humana to You (BH2U) online classes. These events are offered through the State Health Plan's Humana Group Medicare Advantage plan at no extra cost to you.

New Member Orientation Online Sessions

The New Member Orientation educational webinars are available for members who are new to the State Health Plan's Humana Medicare Advantage Plan or for current members who may want a refresher on everything your plan has to offer. Topics will include an overview of the Humana Medicare Advantage plan, the SilverSneakers fitness program, and the Go365 rewards program as well as online resources and tools available through the Plan's custom [Humana site](#).

Bringing Humana to You (BH2U) Online Sessions

The BH2U educational workshops will educate State Health Plan members about a wide variety of health and wellness topics such as “Good fat, Bad fat,” “The Shakedown on Sugar” and “Making Healthy Change.” Humana representatives will participate, and a question-and-answer session will follow each session.

You can register for the online New Member Orientation (NMO) and Bringing Humana to You (BH2U) sessions [here](#).

If you have any questions or need help registering for these events, please email HumanaWebinar3@Humana.com.

Reminder: What is a 1095 Form and Do I Need it for My Taxes?

(All Members)

A 1095 form is a tax document which provides you with proof of insurance required under the Affordable Care Act (ACA). It includes information needed to report on your tax return and is for your records only. This form is not needed to submit with your tax return. It is supporting documentation to keep with personal tax records.

As we head into tax season, you should expect to receive this form after the first of the year to save with your personal tax records. The IRS /ACA deadline from mailing 1095 forms is January 31, 2022. If you haven't received your 1095 form by February 7, 2022, the following information directs how you may request your 1095 form:

- **Active employees** in 2021 should be speaking with their HBR regarding their 1095 for the months they were employed or on COBRA.
- **COBRA members who worked for a non-state agency** need to contact their employing unit since COBRA coverage was reported by the employing unit.
- **COBRA members who worked for a state agency** need to contact BEST Shared Services at BEST@osc.nc.gov or 919-707-0707 or 866-622-3784.
- **Retirees and direct bill members on the 70/30 and 80/20 PPO plans** calling about 1095 forms will need to call the State Health Plan office at 919-814-4400.
- **Retirees on a Humana Medicare Advantage Plan** need to contact Medicare at 1-800-MEDICARE (1-800-633-4227).
- **Retirees and direct bill members who on the 70/30 or 80/20 PPO plans** who haven't received a form by 2/7/2022, should contact the State Health Plan.

If you have a question when you receive your 1095 form you should call the contact number listed on your 1095.

Your Health Minute

New Behavioral Health Resource Center Launched

Behavioral or mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Additionally, behavioral health plays a major role in people's ability to maintain good physical health.

The State Health Plan's website has a new [Behavioral Health Resource Center](#) to help you find the help and resources you may need. The resource center also features [behavioral health resources for adolescents](#), including information on how to prevent self-harm.

Behavioral health issues can be caused by a variety of factors, including biological factors such as genetics or brain chemistry, life experiences such as trauma or abuse, family history, or lifestyle choices such as diet, physical activity, or alcohol and substance use. Often multiple factors contribute to the development of a behavioral health issue.

It's important to understand that behavioral health issues are not a choice. Rather, they include issues that cannot be overcome by willpower alone. Should you need more information, please visit the [Behavioral Health Resource Center](#) to learn more.





**This Month's
Healthy
Recipe**



**This Month's
Wellness
Tip**



**Fish Tacos with
Tomato & Avocado Salsa**

Get the Recipe! >



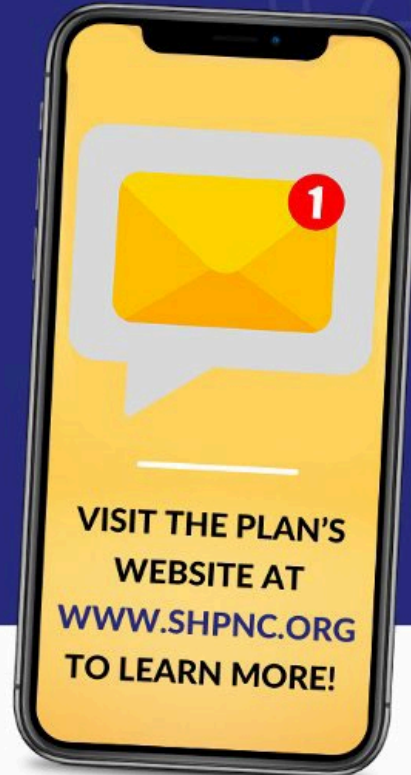
**Behavioral Health
Resource Center**

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

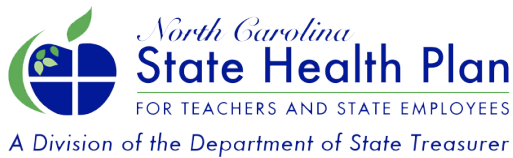


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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