

# January 2024 Member Focus

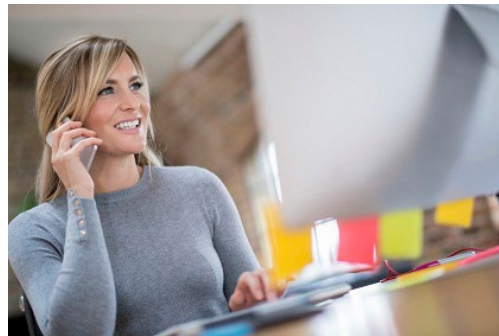


## Understanding Your Preventive Benefits

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

Start the new year off right by understanding what preventive services are covered under your State Health Plan benefits! The next State Health Plan 101 webinar will focus on preventive benefits available to members on the Base PPO Plan (70/30), Enhanced PPO Plan (80/20) and High Deductible Health Plan (HDHP). Find out about preventive services and medications to help you stay healthy, as well as tips on how to avoid extra health care costs.

Click below to register!



[January 24 at 12:30 p.m. & 4 p.m. →](#)

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

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 requires employers to mail the 1095 forms by January 31, 2024. If you haven't received your 1095 form by mid-February, the following information directs how you may request your 1095 form:

- **Active employees** in 2023 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](mailto:BEST@osc.nc.gov) or 919-707-0707 or 866-622-3784.
- **Retirees and direct bill members on the Base PPO Plan (70/30) or Enhanced PPO Plan (80/20)** 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 on the Base PPO Plan (70/30) or Enhanced PPO Plan (80/20)** who haven't received a form by mid-February 2024 should contact the State Health Plan office at 919-814-4400.

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

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## Dependent Eligibility Reminder

As a reminder, dependents eligible for non-contributory State Health Plan coverage as an employee or retiree, are not eligible to be covered as a dependent.

For example, a new teacher that is eligible for State Health Plan coverage cannot be covered under a parent who is a state employee with State Health Plan coverage. In these cases, The impacted dependents will be enrolled in the same coverage as an employee that they had been as a dependent, and given the tobacco attestation credit.

When these instances are discovered, the Plan will notify the Health Benefit Representative (HBR) or Human Resources department for both the dependent and employee after the transactions are completed. Please contact your HBR with questions or concerns. Here is the relevant section of state law outlining this requirement:

**§ 135-48.41. Additional eligibility provisions.** (c) No person shall be eligible for coverage as a dependent if eligible as an employee or retired employee, except when a spouse is eligible on a fully contributory basis or when the person is a disabled dependent child. In addition, no person shall be eligible for coverage as a dependent of more than one employee or retired employee at the same time.

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## Where You Get Vaccines May Determine How They are Covered

(Humana Members)

### Medicare Part B vaccines

The Medicare Part B portion of your plan covers vaccines administered at your provider's office if the vaccine is directly related to the treatment of an injury or direct exposure to a disease or condition, such as hepatitis B, rabies, and tetanus. The following Medicare Part B vaccines may be obtained at your provider's office or are readily available at a network pharmacy: influenza (flu), pneumococcal, and COVID-19 vaccine and boosters.

### Medicare Part D vaccines

The Medicare Part D portion of your plan covers vaccines that are considered necessary to help prevent illness. Some common vaccines that you should get at your pharmacy, not from your provider, include shingles, Tdap and hepatitis A. \$0 vaccine: Member cost share of all Part D vaccines listed on the Advisory Committee on Immunization Practices (ACIP) list will be \$0. Your Group Medicare plan provides coverage for vaccines, but that coverage depends on the specific vaccine and where you get it. Knowing how your coverage works may save you from paying for vaccines out of pocket.

### Important information for your pharmacist

Let your pharmacist know to use BIN 610649 and PCN 03200004 when filling your prescription for items covered under Part B. Let your pharmacist know to use BIN 015581 and PCN 03200000 when filling your prescription for items covered under Part D.

### Got questions?

Because vaccines are covered differently at the provider's office and the pharmacy, you may want to call first to understand how your benefit covers

a specific vaccine. Call the Customer Care number on the back of your Humana member ID card or sign in to MyHumana.com.

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## Eat Smart, Move More, Weigh Less!

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

Eat Smart, Move More, Weigh Less is a 15-week online weight management program that uses strategies proven to work for weight loss and maintenance. Classes are held online with a live Registered Dietitian Nutritionist (RDN) instructor and are accessible on a computer or mobile device.



State Health Plan and Blue Cross NC members are eligible to participate at no cost with the voucher code GNC2024. For more information and to register for an upcoming class, please visit [esmmweighless.com](https://esmmweighless.com).

Start your healthy journey and sign up for a class today!

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## New Year, New You with Special Gym Membership Offers

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

Start 2024 off strong by setting sustainable goals you can stick to for the rest of the year. Join now for \$0 enrollment and feel accomplished, energized and healthier than ever. Working out should be accessible to everyone. Here's what's available as part of the Blue365 program:

- Four gym packages available starting at \$19/month, plus a no enrollment fee offer available now
- Join as many gyms as you want with access to 13,000+ fitness locations
- Digital only package also available for just \$10 a month (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, boot camps, barre, and yoga from Bernalong®

This is a limited-time offer of \$0 enrollment fee until Jan. 31 with gym packages starting at \$19 per month. State Health Plan members can learn more [here](#). Use code FYWENROLL4FREEJAN when you sign up.



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## Your Health Minute

### A Good Time to Donate Blood

January is National Blood Donor Month. Due to the weather, holidays, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages. You are encouraged to donate blood if you are healthy and able.

When you come in to donate, you help provide lifesaving care to patients in need, according to the Red Cross. But you also receive the added benefit of a free mini-health assessment, provided by a trained Red Cross staff member. To find a blood donation center near you, click on this [Red Cross link](#).



**2025 Transition to  
Aetna as TPA**

[Learn More >](#)



This Month's  
Healthy  
Recipe

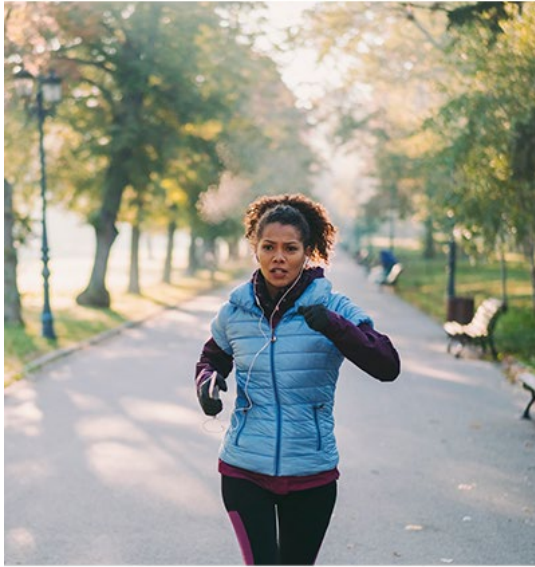


This Month's  
Wellness  
Tip



**Grain Bowl with  
Chickpeas & Cauliflower**

[Get the Recipe! >](#)



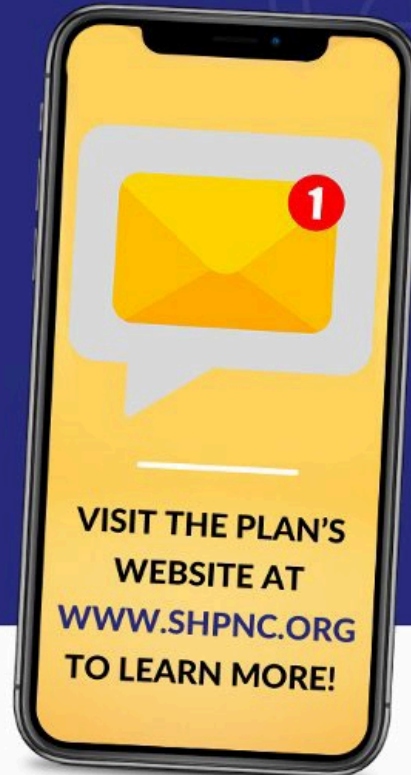
**Stay Active  
This Winter**

[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**

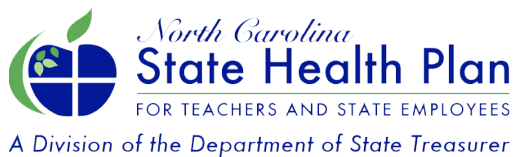


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: [ppo.inquiries@nctreasurer.com](mailto:ppo.inquiries@nctreasurer.com)



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