

# July 2023 Member Focus



## Are You a Tobacco User? Get a Head Start on Open Enrollment!

*(Active Members)*

No need to wait! Active members who are tobacco users and want to earn their monthly premium credit for 2024 don't have to wait until Open Enrollment this fall. You can take action now to save money throughout 2024!

Starting July 1, 2023, tobacco users can attend a tobacco cessation counseling session at any provider's office that offers the service for FREE to earn a lower premium for 2024. You have until November 30, 2023, to take action. (Note: If members combine their tobacco cessation visit with another service, there may be a copay.)

This convenient option means there's no need to wait for Open Enrollment in October to secure their monthly premium credit for 2023!

How it works:

- After members visit a provider for their tobacco cessation session, the provider will submit a claim on their behalf. To ensure they receive credit for their visit, members can upload their office visit summary to the "Document Center" located in [eBenefits](#), the State Health Plan's enrollment system. They should make sure to request a copy of their summary during their visit.
- This action is **ONLY** for tobacco users who want to reduce their monthly premium by \$60 per month in 2024.

- **If members are NOT tobacco users, they will simply attest to that online during Open Enrollment, October 9-27, 2023.**
- During Open Enrollment, they will need to attest during the online enrollment process. This step is critical to ensure members receive the lower premium for 2024.

## Get a Head Start on Open Enrollment



**SAVE THE DATE:**  
State Health Plan 2024 Open Enrollment  
**OCTOBER 9-27, 2023**

**STATE HEALTH PLAN MEMBERS**  
who use tobacco have convenient options  
to earn their 2023 premium credit.

*Take action **NOW** to save money  
throughout 2024!*

————— See back for details. —————

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### **SHP 101: Spotlight on Navigating Your Tobacco Attestation!**

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

The next State Health Plan 101 webinar will focus on navigating your tobacco attestation activity for members on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20). Learn more about your tobacco attestation during the 2024 Open Enrollment period, which is Oct. 9-27, 2023, how it works and what you can do now before October!

There are two sessions on July 26 at 12:30 p.m. & 4 p.m. Space is limited, so register today!

[Click here to register for webinars →](#)

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## In-Home Health and Well-Being Assessments Available to Humana Members

*(Humana Members)*

Humana is excited to offer members the In-Home Health and Well-Being Assessments (IHWA) program.

Here's how it works: A licensed clinician with Signify Health comes to your home for an IHWA. Humana works with Signify Health to schedule and complete the IHWA for you. Please note: This is not a substitute for regular wellness visits.

The results are then shared with your Primary Care Provider (PCP) via Signify to better understand your whole health picture. It also provides valuable information to you and your health care provider.

This is part of your Humana plan and is optional and available at no additional cost. But it gets better! After completing a visit, you will receive a \$15 Walmart gift card\* in the mail.

To learn more, go to the [Humana In-home Health and Well-being Assessment](#) page.

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

Our 2023 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" series of [convenient webinars](#) continues through the summer.

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!



[Click here to register for webinars →](#)

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## Your Health Minute

### Remember UV Safety and Stay Healthy on Vacation!

The summer heat is here. Make sure you and your family stay healthy on vacation by planning ahead. Stay hydrated, eat healthy, get some exercise and, in particular, practice [sun safety](#). Remember to:

- Reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.
- When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up.
- For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
- Wear sunglasses, which protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Put on broad spectrum [sunscreen](#) that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options!



**2025 Transition to  
Aetna as TPA**

[Learn More >](#)



**This Month's  
Healthy  
Recipe**



**Stuffed Pepper  
Casserole**

**Get the Recipe! >**



**This Month's  
Wellness  
Tip**



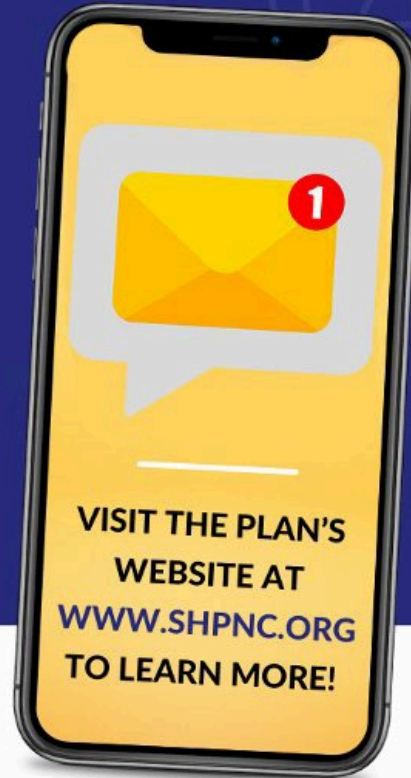
**Practice  
Sun Safety!**

**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**

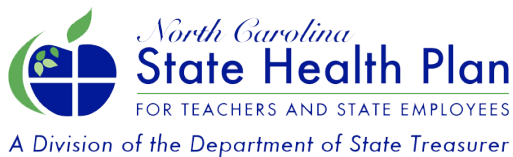


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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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