

# July 2024 Member Focus



## Get Ready for Open Enrollment!

It's almost time! Open Enrollment for the 2025 benefit year will be held Sept. 30 to Oct. 25, 2024. As a reminder, starting Jan. 1, 2025, the State Health Plan's Third-Party Administrator (TPA) will transition from Blue Cross NC to Aetna.

This transition impacts members enrolled in the Base PPO Plan (70/30), Enhanced PPO Plan (80/20) and the High Deductible Health Plan (HDHP), including retirees enrolled in the Base PPO Plan (70/30). This does not impact members enrolled in the Humana Medicare Advantage Plans.

Open Enrollment information will be sent via mail in August to all members and will include all of the information below. Meanwhile, starting this month, information will also be posted to the State Health Plan website at [www.shpnc.org](http://www.shpnc.org).

The State Health Plan is excited to offer a number of ways you can get the information you need about the transition to Aetna and Open Enrollment including:

- The Aetna bus and van tour, which will be visiting more than 20 locations at in-person events across the state. No registration is required! Each stop will offer the opportunity to ask Aetna representatives questions, flu shots while supplies last, and the opportunity to learn more about the Eat Smart Move More Weigh Less Program from representatives at some of the locations.
- Several webinars will be offered in September and October, designed to ensure you understand your health plan options for 2025.
- Telephone town halls, which are like listening to a radio show over the phone. You'll simply provide your phone number when you

register, and we'll call you to join at the start of the event. Members who have registered and members with a valid phone number in the Plan's enrollment system eBenefits will receive a call prior to an event, which will prompt you to join.

Events start in late August and continue through late October. To find the complete Aetna bus/van event schedule and to register for a webinar or telephone town hall, visit the State Health Plan's website and click [Outreach Events & Webinars](#).

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## Eat Smart, Move More, Weigh Less for Summer!

*(Active Members)*

Finish your summer strong by learning healthy habits! [Eat Smart, Move More, Weigh Less](#) is a 15-week weight management program delivered online in real time by a live Registered Dietitian (RDN) instructor. Lunchtime and evening classes are available beginning the week of Aug. 4.

Active State Health Plan members are eligible to **participate at no cost** with the code **GNC2024**. Click [HERE](#) to register.



Have you already completed the Eat Smart, Move More, Weigh Less program? Continue your healthy journey with Eat Smart, Move More, Weigh Less 2, beginning the week of Aug. 18!

[Eat Smart, Move More, Weigh Less 2](#) is a 12-week program intended for those who have completed the Eat Smart, Move More, Weigh Less program. Classes are held **online with a live instructor** and are accessible on a computer or mobile device. Lesson topics go more in depth and include Choose Healthy Fats, Manage Stress, Control Sugar, and more.

Active State Health Plan members are eligible to **participate at no cost** with the code **GNC22024**. Click [HERE](#) to register.

*\*Active State Health Plan employees can register at no cost. Retirees covered by Humana are not eligible for the discount. Employees will be*

*asked to enter their State Health Plan subscriber ID number and a claim will be filed for their participation in the program.*

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## **Mom's Meals for Your Hospital Recovery**

*(Humana Plan Members)*

After spending time in the hospital, eating balanced and nutritious meals may make a difference in your recovery and your overall health. That's why Humana has teamed up with Mom's Meals® to deliver nutritious, tasty meals right to your home when you need them most.

Included in your plan at no additional cost to you, the Humana Well Dine program provides 28 meals after an inpatient stay in a hospital or nursing facility. The program includes:

- 28 fully prepared meals made with high-quality ingredients, packed in coolers with gel bags and delivered directly to your home
- Health-condition menus designed by dietitians, offering something for everyone
- Diabetes-friendly, gluten free, heart-friendly, and many other options
- Tasty meals that are ready to heat and eat, and last in the fridge for 14 days from delivery

To find out more about this Humana Well Dine meal benefit, call our Customer Care team at 888-700-2263 (TTY: 711), Monday - Friday, 8 a.m. - 9 p.m., Eastern time.

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## **Your Health Minute**

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

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 >](#)

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**Bruschetta-Topped  
Crispy Baked Chicken**

[Get the Recipe! >](#)

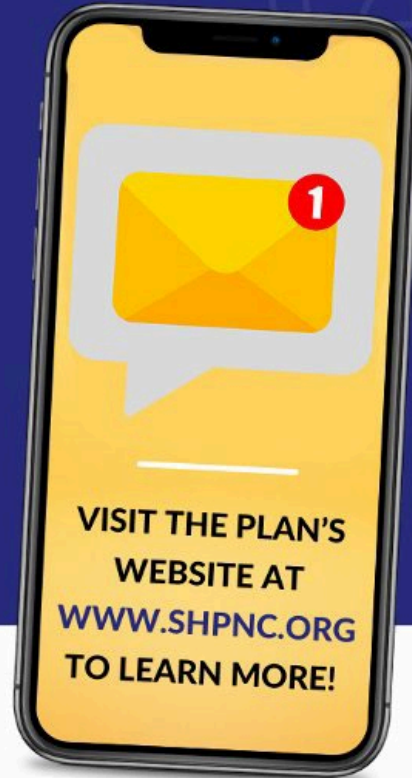


**Practice  
Sun Safety!**

[Learn More! >](#)

# 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**

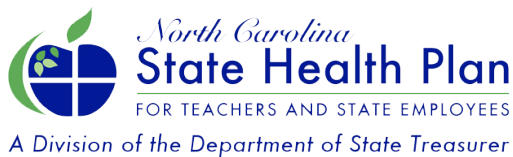


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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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