

March 2022 Member Focus



SHP 101: Spotlight on Your Preventive Benefits

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

The next State Health Plan 101 webinar will focus on preventive benefits available to members on the 70/30 PPO Plan, 80/20 PPO Plan 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 out-of-pocket costs.

Click below to register!

[March 30, 2022 - 12:30pm →](#)

[March 30, 2022 - 4:00pm →](#)

'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Under Way!

The State Health Plan is again offering 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.



Webinars are scheduled through July. If you haven't already, register soon, as these webinars are expected to fill quickly!

- [April 5, 2022 – 2 to 4 p.m.](#)
- [April 28, 2022 – 10 a.m. to noon](#)
- [May 11, 2022 – 7 to 9 p.m.](#)
- [May 24, 2022 – 2 to 4 p.m.](#)
- [June 9, 2022 – 10 a.m. to noon](#)
- [June 21, 2022 – 2 to 4 p.m.](#)
- [July 12, 2022 – 10 a.m. to noon](#)
- [July 21, 2022 – 2 to 4 p.m.](#)

Humana Neighborhood Centers Welcome State Health Plan Members!

(Humana Medicare Advantage Members)

Humana Neighborhood Centers, both in-person and online, offer special events, programs and activities designed to educate on physical and mental health. Many services can be used by anyone, including those who are not Humana members, at no cost. Each location offers a unique calendar of in-person or virtual events, programs and activities.

In-person locations are operating with limited capacity and by appointment to ensure visitor safety. Humana's [Virtual Neighborhood Center](#) offers daily online classes on learning to manage health conditions, cooking healthy meals and learning to improve mental and physical health at home.

There are five Neighborhood Centers in North Carolina: in Asheville, Greensboro, Charlotte, Raleigh and Winston-Salem. The centers offer classes and events. Customer care specialists are onsite to answer plan benefit questions. **Beginning in May, Humana Neighborhood Centers will host**

State Health Plan educational events at all five centers each month in 2022.

[Click here to find a Neighborhood Center near you.](#)

Subrogation, Third-Party Recovery and You

(Active and Non-Medicare Members)

Have you recently been involved in a car accident, medical malpractice incident, product defect incident or some other event which resulted in an injury?

The State Health Plan has the right to recover medical and pharmacy expenditures where a third party is liable for an injury incident, such as medical malpractice, worker's compensation, class action suits, product liability cases or auto accidents. The Plan protects member funds by paying only those claims for which it is responsible.

If the Plan pays claims that are the responsibility of a third party, then, by law, the Plan has a right to recover those payments. The Plan's lien will not exceed 50 percent of the total damages recovered by the Plan member, exclusive of the member's reasonable cost of collection. That cost is determined by the Plan.

Please note: If a liable third party pays YOU damages and the Plan is not informed, then YOU may be responsible for reimbursing the Plan. You can avoid this situation by calling The Rawlings Company, LLC (Rawlings), the Plan's contractor to pursue third-party subrogation recoveries.

Contact Rawlings with any questions at 877-229-0872. You or your duly authorized representative can also send an email to NCStatemanualreferrals@rawlingscompany.com for a subrogation request. For details, visit the State Health Plan [website](#). Click on "Employee Benefits" and scroll down to find "[Subrogation and Recovery.](#)"

Reminder: Tele-Health Visits Remain Covered

As a reminder, many providers offer tele-health or virtual visits. These types of visits are covered under your State Health Plan [benefits](#).

The applicable copay for an office visit will apply. If you are outside of North Carolina, please confirm with your provider as each state may have different rules regarding tele-health services.

Your Health Minute

National Nutrition Month & Blue365 Benefits

March is National Nutrition Month. Developing healthy eating patterns can help us lower our risk for serious health problems such as heart disease, type 2 diabetes, and obesity.

It's still early in 2022, with plenty of time to make meaningful changes for this year! In addition, for people with chronic diseases, healthy eating can help manage these conditions and prevent complications. According to the [Dietary Guidelines for Americans](#), a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

USDA's [My Plate](#) can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.

Do you need some help making a change in your diet? Nutrition counseling is covered in network as part of your preventive health benefits. Please see your 2022 benefits booklet for your [70/30 PPO Plan](#) or [80/20 PPO Plan](#) for more information.



Blue365 offers premier health and wellness discounts and is free to join for State Health Plan members. A variety of discounts are available and include:

- **Nutrition:** Enjoy savings on nutrition services and products
- **Apparel & Footwear:** Save on name brands
- **Fitness:** Gym and online experience discounts

For Plan members, Blue365 is available via BlueConnect which is available via eBenefits, your one-stop shop for all member benefit information. Follow these steps to get started:

- Go the State Health Plan website at www.shpnc.org.
 - Click on eBenefits at the top of the page.
 - Once logged into eBenefits, look for a link to BlueConnect in the left-hand menu.
 - Once in BlueConnect, scroll down to Blue365 program to click and save!
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This Month's
Healthy
Recipe



This Month's
Wellness
Tip



**Chicken & Mushroom
Shepherd's Pie**

[Get the Recipe! >](#)



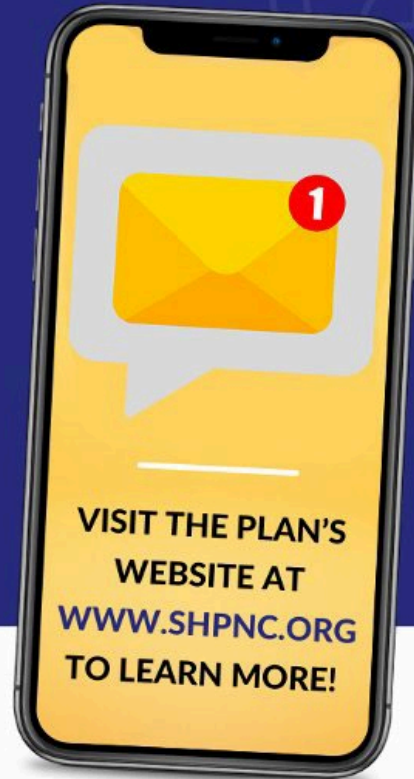
**Colorectal Cancer
Awareness Month**

[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

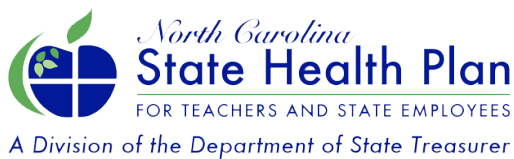


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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