

# March 2023 Member Focus



## **SHP 101: Spotlight on Preventive Benefits Webinar**

*(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 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 out-of-pocket costs.



There are two sessions on March 29 at 12:30 p.m. & 4 p.m.

Click below to register!

[Click here to register →](#)

## **In-Person Sessions Announced for 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Series**

A limited number of **in-person sessions** have been added to the 2023 “Understanding Your Medical Plan Options When You Become Medicare-Eligible” series. These sessions – set for March, April and May – will offer

the same information as the [webinars](#) already under way and scheduled through August.

These popular, free onsite sessions and webinars are designed for active employees 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, your retirement health benefit options and offer the opportunity to ask questions.

If you haven't already, [register](#) soon, as these events are expected to fill quickly!

In-Person Session Schedule		
Date & Time	County	Location
March 29, 2023 2 p.m.	Wake	Cary Senior Center Ballroom, 120 Maury O'Dell Place, Cary, NC 27513
April 20, 2023 2 p.m.	Forsyth	Forsyth Technical Community College, Robert L. Strickland Center, Room 3340, 1615 Miller Street, Winston-Salem, NC 27103
April 21, 2023 10 a.m.	Guilford	Guilford Technical Community College, Jamestown Campus, Sears Applied Technologies Center, Room 120, 601 E. Main Street, Jamestown, NC 27282
May 11, 2023 2 p.m.	Pitt	Pitt Community College, Craig F. Goess Student Building, Multipurpose Rooms, 2000 Eddie Smith St., Winterville, NC 28590
May 17, 2023 10 a.m.	Durham	Durham Technical Community College, Building 5: Educational Resources Center, Room 5-100, 1637 East Lawson Street, Durham, NC 27703

[Click here to register for online or in-person events →](#)

## New Behavioral Health Resource Available!

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

Feeling long-term blues? Battling depression? You're not alone. Get the behavioral health care that works for you. The State Health Plan's third-party administrator, Blue Cross NC, has started a partnership with Headway, a new behavioral health provider.

Headway allows Plan members (age 13+) to get the best behavioral health clinician for your needs and preferences. The service includes one-click booking of appointments as well as price transparency on the copay. All providers available via Headway are Clear Pricing Project Providers **resulting in a \$0 copay**. This service is for members on the Enhanced PPO Plan (80/20) and Base PPO Plan (70/30).

Plan members that are North Carolina residents may find a provider and schedule an appointment through the "[Find a Doctor](#)" tool or via [the Headway website](#).

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## Humana Members: Tips to Understand Your Medications Better

*(Humana Members)*

Taking medications as prescribed is the best way to guarantee you will get the most out of them. Here are some tips to help you take them correctly and safely.

**Read the Medication Label** – This is on the bottle. Pay attention to the following:

- **Follow the directions exactly as prescribed** – This is to ensure that you're getting the most benefit from the medication. It is important to take all doses daily and never miss a dose.
- **Discard after date** – There is no guarantee your medications will be safe and effective after this date. You can dispose expired medications and may find a local disposal location [here](#).
- **Auxiliary labels** – These emphasize information **specific** to your medications. Examples: **Take with food**: Some medications may cause stomach upset and should be taken with food to prevent this. **Take on empty stomach**: Food can affect the effectiveness of some medications if taken with food. **Do not take with antacids**: Refers to Milk of Magnesia, Mylanta, Maalox, Tums, Alka-Seltzer, Rolaids, etc. Antacids neutralize the acid in the stomach, which prevents certain medications from working. **Avoid prolonged or excessive sunlight exposure**: These medications have properties that can cause sunburn or rashes. Cover up when going outside.

**Don't Throw Away the Medication Guide** – These handouts may come with your medications. It contains information about its use, side effects, storage, and more.

One of the first steps in managing your health is to make sure you're taking all medication as prescribed by your provider.

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## **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 [NCStamannualreferrals@rawlingscompany.com](mailto:NCStamannualreferrals@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.](#)"

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## **Your Health Minute**

### **Nutrition & Blue365 Discounts**

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 2023, 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 USDA's [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 2023 benefits booklet for your [Base PPO Plan \(70/30\)](#) or [Enhanced PPO Plan \(80/20\)](#) for more information. Active members can also find nutritional resources on the State Health Plan website under ["Wellness."](#)

In addition, **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](http://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!



**2025 Transition to  
Aetna as TPA**

[Learn More >](#)



This Month's  
Healthy  
Recipe



**Avocado  
Chicken Salad**

[Get the Recipe! >](#)



This Month's  
Wellness  
Tip



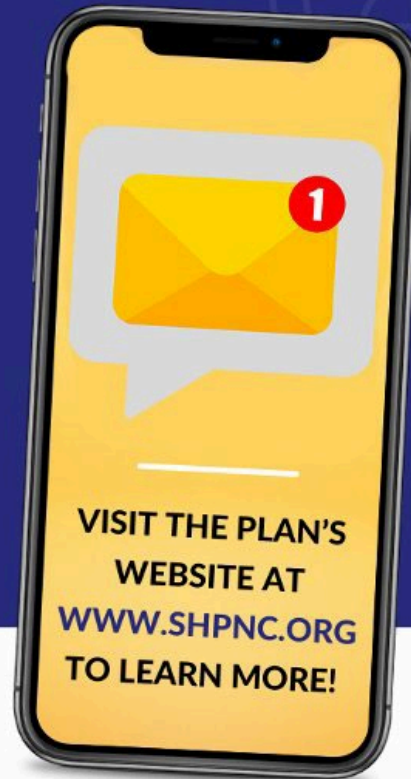
**Colorectal Cancer  
Awareness**

[Learn More! >](#)

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# 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**

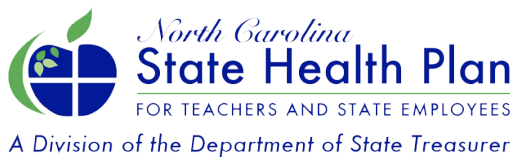


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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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