

# March 2024 Member Focus



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

*(Members in the Base PPO Plan [70/30], Enhanced PPO Plan [80/20] and High Deductible Health Plan)*

Gear up for summer 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 April 21.

Active State Health Plan members are eligible to **participate at no cost\*** with the code **GNC2024**. Note: Retirees on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20) may also participate at the fully covered cost, as long as the State Health Plan is their primary coverage. [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! Lunchtime or evening classes are available and begin the first week in June. Active members can **participate at no cost!**

[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](#).

As noted above, active State Health Plan members are eligible to **participate at no cost\*** with the code **GNC2024**. Retirees on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20) may also participate at

the fully covered cost, as long as the State Health Plan is their primary coverage. [Click here](#) to register.

*\*Retirees covered by Humana are not eligible for the discount. You will be asked to enter your State Health Plan ID number and a claim will be filed for your participation in the program.*



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

*(All Members)*

The State Health Plan's 2024 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" [webinar](#) series kicks off this month!.

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!



The next two webinars are scheduled for March 21 and March 26. Webinars are also set for April, May, June, November and December. [Click here to register!](#)

[Register for State Health Plan Webinars →](#)

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## 2024 Humana Member Engagement Activities

*(Humana Plan Members)*

Make 2024 the best year yet! **Join Humana online and in-person** for events that can help you make the most of your State Health Plan Humana Medicare Advantage Plan. Events are offered through the State Health Plan's Humana Group Medicare Advantage Plan at no extra cost to you.

### **Bringing Humana to You (BH2U) Online and In-Person Sessions**

These seminars are for our new members as well as current members who may want a refresher on everything their health care plan has to offer. Topics include an overview of the plan benefits, SilverSneakers® and the Go365 by Humana® rewards program, and resources and tools available through our North Carolina State Health Plan custom website.

- Humana Medicare Advantage PPO plan
- SilverSneakers® fitness program
- Go365 by Humana – Humana's wellness and rewards program

You'll also have available resources on <https://your.humana.com/ncshp>, including coverage documents and helpful online tools.

The in-person informational classes will be held in April at the four North Carolina Humana Neighborhood Centers. Upcoming dates and times are as follows:

- April 8, 2024, at 11 a.m. at the Raleigh Humana Neighborhood Center located at 4430 Fayetteville Road, Raleigh, NC 27603. Phone number: 919-664-1755.
- April 16, 2024, at 10:30 a.m. at the Greensboro Humana Neighborhood Center located at 1564 A Highwoods Blvd., Greensboro, NC 27410. Phone number: 336-547-2701.
- April 24, 2024, at 11:15 am at the Charlotte/Matthews Humana Neighborhood Center located at 9901 E. Independence Blvd., Unit B230, Matthews, NC 28105. Phone number: 980-262-6555.

- April 30, 2024, at 11:15 a.m. at the Winston-Salem Humana Neighborhood Center located at 1045 Hanes Mall Blvd., Winston-Salem, NC 27103. Phone number: 336-293-0122.

Click here for more registration information: <https://your.humana.com/ncshp>

Check back for more details on upcoming in-person and online events!

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## Subrogation: Third-Party Liability and You

*(Active and Non-Medicare Members)*

Have you recently been involved in a car accident, medical malpractice case, product defect incident, or some other event that resulted in an injury? In certain circumstances, this may lead to subrogation by the State Health Plan ("the Plan").

When you receive medical treatment because of an injury or illness, the Plan pays the insurance claims for that care. If the need for treatment was caused by someone else's action or negligence, this is known as third-party liability. So that funds are reserved for our members' medical claims, the Plan protects its funds by the process of subrogation to recover treatment costs that should have been paid by another party. The Plan will seek reimbursement for medical and pharmacy expenditures if another party is liable for an injury incident, such as medical malpractice, workers' compensation, slip and falls, product liability cases, or motor vehicle accidents.

The Plan has a legal right to recover paid claims that are the responsibility of a third party. You or your attorney should *immediately* notify the Plan if another party is involved in your accident or caused your injury or illness.

Please note: If a liable third party pays YOU directly for damages and the Plan is not informed, then YOU may be responsible for reimbursing the Plan. You can prevent this situation by contacting the Plan's subrogation contractor, The Rawlings Company, LLC ("Rawlings"). Call Rawlings with any questions toll free at 1-877-229-0872. You or your duly authorized representative can also send an email to

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

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## Your Health Minute

## Nutrition & Blue365 Discounts

March is National Nutrition Month. It's still early in 2024, 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.



Developing healthy eating patterns can help us lower our risk for serious health problems such as heart disease, type 2 diabetes, and obesity. 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 2024 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. Blue365 is available to members on the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20). 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 Blue Connect 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 Blue Connect in the left-hand menu.
- Once in Blue Connect, scroll down to Blue365 program to click and save!



**2025 Transition to Aetna as TPA**

[Learn More >](#)



**This Month's Healthy Recipe**



**Mushroom Piccata Pasta**

[Get the Recipe! >](#)



**This Month's Wellness Tip**



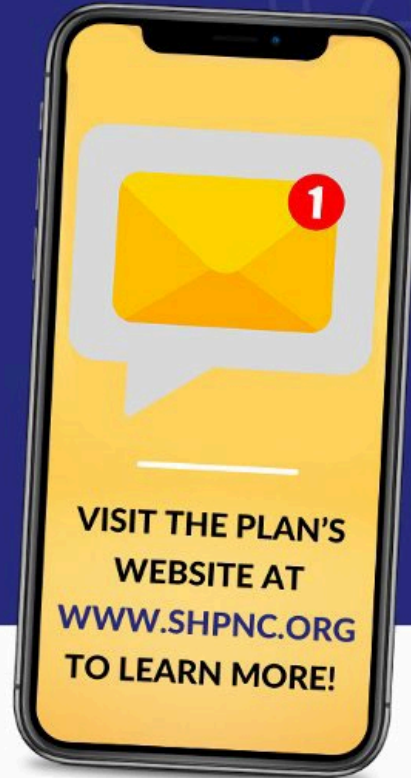
**National Nutrition Month**

[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**

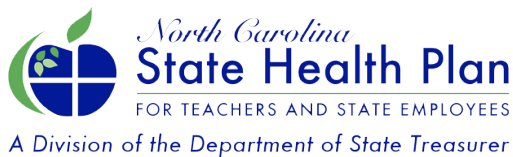


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

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



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