

March 2025 Member Focus



Informational Webinars

(Active Members Enrolled in the 70/30 and 80/20 Plans & HDHP)

Come learn about the **Eat Smart, Move More, Weigh Less program**, an evidence-based 15-week online weight management program. During the program each weekly hour-long lesson informs, empowers and motivates participants to live mindfully as you make choices about eating and physical activity. The program is delivered via Zoom in an interactive real-time format with a live Registered Dietitian Nutritionist (RDN) instructor. This program is offered as a fully covered benefit at **no-cost for active members** by the NC State Health Plan. Visit [the Plan's website](#) to learn more about the program.

This 30-minute lunch-time information webinar will introduce the program and provide details on how to participate. Both sessions cover the same information so just choose the one that works best for your schedule. Register online:



- Tuesday, March 25th at 12-12:30pm – Meeting ID - **963 9941 3706**
- Wednesday, March 26th at 12-12:30pm – Meeting ID - **952 3066 5733**

[Click here to register for the March 25th webinar →](#)

[Click here to register for the March 26th webinar →](#)

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

(All Members)

The State Health Plan's 2025 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" series continues!

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!

Upcoming webinars are scheduled for **March 20**, **April 3**, and **April 22**. Future webinars in May, June, July, and August are also scheduled. [Click here to register!](#)

[Click here to register →](#)

Humana Member Engagement Activities

(Humana Medicare Advantage Plan Members)

Make 2025 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 healthcare plan has to offer.

Topics include:

- 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.

In-person informational classes will be held in at various CenterWell locations.

Upcoming dates and times are as follows:

April 15, 2025	10:00 am	Charlotte CenterWell 5415 South Blvd., Charlotte, NC 28217	phone: 704-486-8230
June 3, 2025	11:00 am	Greensboro CenterWell 2703 W. Gate City Blvd., Suite J Greensboro, NC 27403	phone: 336-790-5400

You can register online at: <https://your.humana.com/ncshp>

Plan overview webinar dates and times are as follows:

- Tuesday, April 8, 2025, 10:00 am
- Tuesday, May 13, 2025, 2:00 pm
- Tuesday, June 10, 2025, 10:00 am
- Tuesday, July 15, 2025, 2:00 pm
- Tuesday, August 12, 2025, 10:00 am

You can register online at: <https://your.humana.com/ncshp>

Go365 overview webinar dates and times are as follows:

- Tuesday, April 15, 2025, 2:00 pm
- Tuesday, July 22, 2025, 10:00 am

You can register online at: <https://your.humana.com/ncshp>

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 those 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 1-855-967-6614. 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](#)."

Your Health Minute

(All Plan Members)



March is National Nutrition Month

It's still early in 2025, 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 & 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. You can also find nutritional resources on the State Health Plan website under "[Wellness](#)."

March is also Colorectal Cancer Awareness Month

Colorectal cancer is one of the most preventable and treatable forms of cancer—when caught early. Yet, it's the second leading cause of cancer deaths in the U.S. A colonoscopy is the gold standard for screening. Early detection is key! Listen to your body - know the symptoms:

- Changes in bowel habits
- Unexplained weight loss
- Blood in the stool

If you're 45 or older, talk with your doctor about the best screening method for you and how often you should get tested. Reminder: Preventive care services are covered 100% for State Health Plan members! Check out all the services available to support your health on the [Plan's Website under Wellness](#).

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THIS MONTH'S
**HEALTHY
RECIPE**



THIS MONTH'S
**WELLNESS
TIP**



**Cucumber Chickpea Salad
with Feta & Lemon**



**National
Nutrition Month**

GET THE RECIPE! >

LEARN MORE! >

**FINANCE
FRIDAYS
NEWSLETTER**

CLICK HERE TO

SIGN UP

Need help breaking down the financial world into actions and terms you can understand?

Would you like a better understanding of what it means to invest?

Would you like to learn more about how to prepare for retirement at any age?

Subscribe to the Department of State Treasurer's monthly newsletter.



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Eligibility and Enrollment Questions: 855-859-0966

For questions on this newsletter, e-mail: shpmemberinquiries@nctreasurer.com



North Carolina
State Health Plan

FOR TEACHERS AND STATE EMPLOYEES

A Division of the Department of State Treasurer