

May 2021 Member Focus



Have You Checked Out Blue365?

(70/30 & 80/20 Plan Members)

Blue365 offers premier health and wellness discounts and is free to join for State Health Plan members! When you register, you will receive weekly emails that include a variety of discounts that change each week for things like:

- Savings on nutrition services and products
- Savings for brand name apparel and footwear
- Savings for gyms and other online fitness experience



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.
- 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, click *Wellness* at the top of the page.
- Scroll down to Member Discounts Blue365 Program to click and save!

Attention Humana Medicare Advantage Plan Members!

See the Difference with Humana Pharmacy Mail Delivery

Getting your prescriptions on time, safely, and conveniently has never been easier. As a Humana member, you have many benefits when it comes to your health plan and prescription drugs. One of them is access to Humana Pharmacy, #1 in customer satisfaction three years in a row!

Humana Pharmacy has a team of over 400 pharmacists available to answer any questions you may have about your medication. They also check your prescriptions for possible drug interactions, as well as for potential lower cost alternatives.

The state-of-the-art dispensing facilities accurately dispense your order while two pharmacists check your prescription before it goes out the door. So you can feel safe knowing your prescriptions are accurate every time.

Staying on track has never been easier with convenient, tamper-resistant, no-contact delivery right to your door. Humana Pharmacy offers order tracking, refill reminders, and automatic refills so you always have your prescriptions on hand. By using the Humana Pharmacy mobile app, all your information is at your fingertips.

Call us to see the difference at Humana Pharmacy. [Click here](#) to see how we can support you!

Bringing Humana to You (BH2U) Online Webinar Series

Please join Humana for their online webinar series to learn more about the extra programs and resources available to Humana members, engage in health topics through educational workshops, and get involved in activities like craft events, virtual volunteering, and cooking demonstrations.

Humana members can register for these events [here](#).

Visit Our New High Blood Pressure Resource Center

(All Members)

What causes high blood pressure and how can you reduce your risk? The State Health Plan's new online High Blood Pressure Resource Center is here to help!

The High Blood Pressure Resource Center can help you learn:

- What causes high blood pressure



- The risk factors you can control
- Risk factors you can't control but should be aware
- How to prevent high blood pressure or manage the condition if you have it

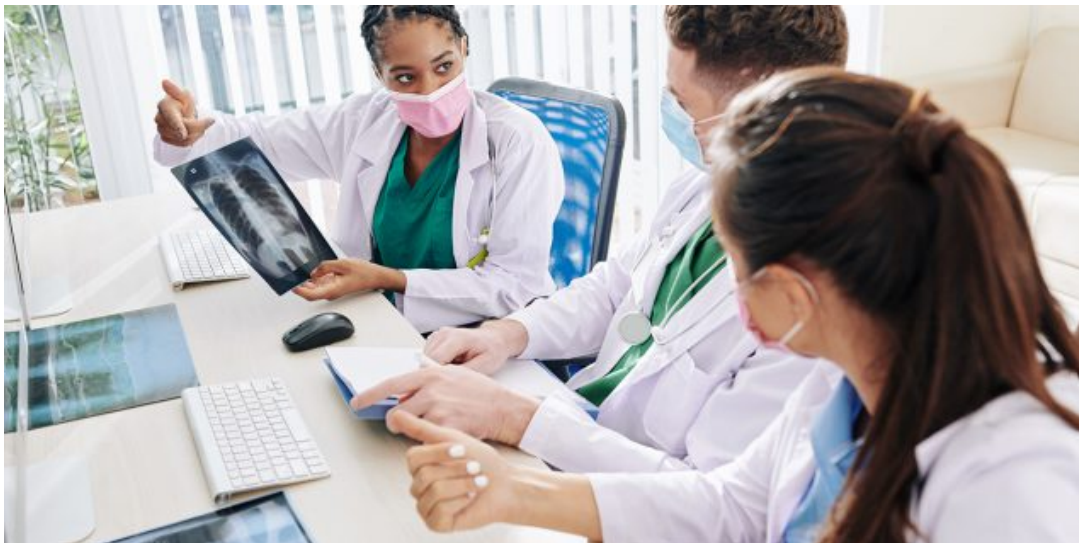
The Plan invites its members to be partners in protecting and managing their health. Along with the new [High Blood Pressure Resource Center](#), you can also visit the [Diabetes Resource Center](#) along with other resources in our Wellness section of the Plan's website.

Lower Your Risk for Stroke!

May is National Stroke Awareness Month, the perfect time to learn how to lower your risk for stroke. A stroke occurs when blood supply to part of the brain becomes blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or dies.

To lower your risk for stroke, learn the ABCS of stroke prevention:

- **A**spirin: Aspirin may help lower your risk for stroke.
- **B**lood Pressure: Control your blood pressure.
- **C**holesterol: Control your cholesterol.
- **S**moking: Quit smoking or don't start.



If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

- **F—Face:** Ask the person to smile. Does one side of the face droop?

- **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T—Time:** If you see any of these signs, call 9-1-1 right away.

To learn more about strokes and their treatment, visit the Centers for Disease Control and Prevention [website](#).



Next Member Webinar
 “Becoming Medicare-Eligible”
 May 20, 2021 - 2pm

[Click to Register! >](#)



**This Month's
Healthy
Recipe**



**Sweet Potato
Black Bean Burgers**

[Get the Recipe! >](#)



**This Month's
Wellness
Tip**



**Signs and Symptoms
of a Stroke**

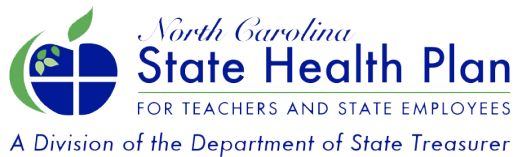
[Learn More! >](#)

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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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