

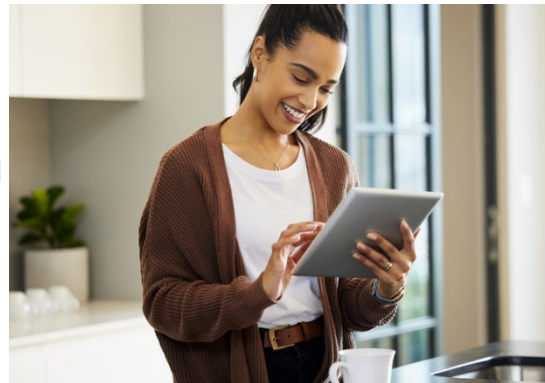
May 2022 Member Focus



State Health Plan Resources at Your Fingertips

(All Members)

Did you know that the State Health Plan [website](#) features six Resource Centers to help you quickly find health and benefit information? With just the touch of a finger, you can find your medical and pharmacy benefits, retirement health benefits and resources for diabetes, behavioral health and disability. Here's a quick look:



- [State Health Plan Resource Center](#) – Find the tools and resources you need to most effectively manage your benefits, make health care choices, and even save on health costs.
- [Pharmacy Resource Center](#) – CVS Caremark is the Plan's Pharmacy Benefit Manager for the 70/30 PPO Plan, the 80/20 PPO Plan and the High Deductible Health Plan. Find the answers to all of your pharmacy benefit questions here.
- [Diabetes Resource Center](#) – Many people either have or are at risk of developing some form of diabetes. The State Health Plan offers information and resources to help you lower your risks and improve your health.
- [Behavioral Health Resource Center](#) – Behavioral or mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Learn more about behavioral health, including adolescent behavioral health.

- [Disability Resource Center](#) – If you are a State Health Plan member who has been approved for Social Security disability benefits, it is possible you may also be awarded Medicare benefits. Medicare benefits may be awarded retroactively or for a future effective date. Find out more about how your State Health Plan benefits will change.
- [Planning for Retirement](#) – This section is designed to assist members as they prepare for retirement and for members who are already retired, but becoming Medicare eligible. Information is categorized by age and by Medicare eligibility.

The Plan invites its members to be partners in learning about their health benefits and managing all aspects of their health. Visit all of our resource centers at www.shpnc.org to learn more.

Attention Humana Members: Check Out the Neighborhood Centers

We are excited to see you in-person this summer! Come join us at one of your North Carolina Neighborhood Centers for educational classes just for you! Make sure to call and register, as space is limited! For a complete list of dates and locations check out the [Humana website](#). If you do not live near one of the five neighborhood centers or cannot attend in person, the Neighborhood Centers offer virtual and on demand classes too!

Please call your local Neighborhood Center to find out the exact dates and to RSVP for the upcoming in-person classes.

Asheville:

1863 Hendersonville Road,
Suite 122
Asheville, NC 28803
828-772-3090

Charlotte:

9901 E. Independence
Blvd.
Matthews, NC 28105
980-262-6555

Greensboro:

1564 Highwoods Blvd.,
Suite A
Greensboro, NC 27410
336-547-2701

Raleigh:

4430 Fayetteville Road
Raleigh, NC 27603
919-664-1755

Winston-Salem:

1045 Hanes Mall Blvd.
Winston Salem, NC
27103
336-293-0122

Can't make it in person?

Humana hosts health education webinars online for its members throughout the year. For a complete listing of online events, and to register, visit HumanaNeighborhoodCenter.com.

Attending in-person or virtually helps you earn your Go365 rewards points! To learn more about how to activate your account in Go365, watch this [video clip](#).

Class titles

- **Making a healthy change** – Find out tips to help make your healthy habits stick.
- **Battling the aging brain** – The brain tends to become less agile as people get older. Learn how to keep yours healthy.
- **5 sneaky causes of weight gain** – Maintaining a healthy weight may help you feel good about yourself and give you more energy to enjoy life.
- **Stretch your grocery dollars** – There are many ways to save on food and eating.

Have You Reserved Your Spot? 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars Under Way

The State Health Plan continues to offer 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!

- [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.](#)

Your Health Minute

Lower Your Risk for Stroke!

(All Members)

Are you prepared to act F.A.S.T.? May is National Stroke Awareness Month, the perfect time to learn how to lower your risk for stroke, or what to do if a stroke occurs.

A stroke happens 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 die. To lower your risk for stroke, learn key elements of stroke prevention:

- **Blood Pressure:** Control your blood pressure.
- **Cholesterol:** Control your cholesterol.
- **Smoking:** 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](#).



Click to watch the video above, and hear from Anna Bess Brown, the executive director of the Justus-Warren Heart Disease and Stroke Prevention Task Force. The Task Force was established in 1995 to provide statewide leadership for the prevention and management of cardiovascular disease.



This Month's
Healthy
Recipe



This Month's
Wellness
Tip



**Smothered Black
Soybean Burgers**

[Get the Recipe! >](#)



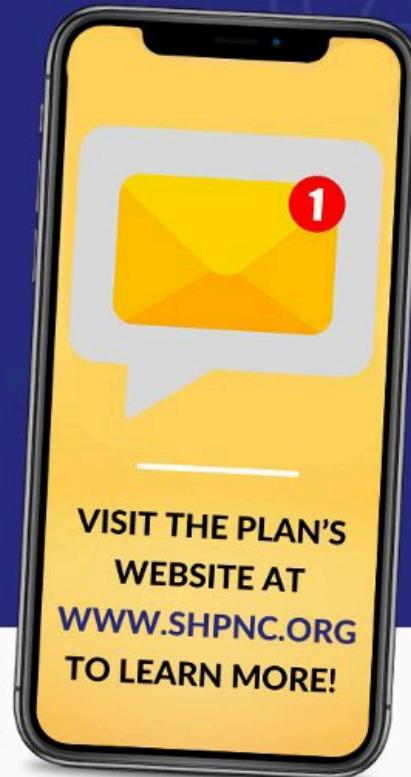
**National Stroke
Awareness Month**

[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

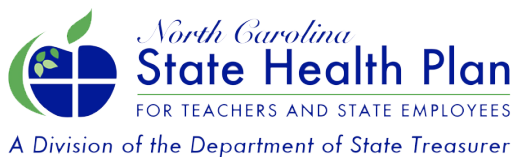


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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