

# May 2023 Member Focus



## Reminder: End of COVID-19 Public Health Emergency

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

The State Health Plan put multiple temporary benefit provisions in place to assist Plan members during the COVID-19 public health emergency. The federal government announced that the COVID-19 public health emergency ended on May 11, 2023.



As a reminder, here's what it means to members regarding coverage as it relates to COVID-19:

- The Plan will continue to cover both the cost of the COVID-19 vaccine and vaccine administration at 100% when members receive the vaccine at an in-network provider as part of the Plan's preventive care benefits. If members receive any other service during the visit, the visit may be subject to a copay. This is true for all other vaccines the Plan covers.
- The Plan will continue to cover COVID-19 tests that are administered by a provider. If members receive any other service during the visit, the visit may be subject to a copay.
- The Plan will no longer cover the cost of over-the-counter (OTC) COVID-19 tests. Members will be responsible for the cost.

- The Plan will no longer cover “return to work” COVID testing. “Return to work” testing includes having to provide an employer a negative test outside of the standard COVID-19 exposure testing guidelines.

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## 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Series Continues

One more [in-person session](#) remains in our 2023 “Understanding Your Medical Plan Options When You Become Medicare-Eligible” series. It will offer the same information as the [convenient webinars](#) already under way and scheduled through August.

These popular, free sessions and 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 are expected to fill quickly!

- [In-person session](#): May 17, 2023, from 10 a.m. to noon at Durham Technical Community College, Building 5: Educational Resources Center, Room 5-100, 1637 East Lawson St., Durham, NC 27703.

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

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## Humana Neighborhood Centers

*(Humana Members)*

Humana would like to invite you to attend one of our Neighborhood Centers across the state for some great learning opportunities on a variety of topics.

Your local Humana Neighborhood Centers are here for you to enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health. Experience fun events, demonstrations and activities to help you learn to eat well, stay active, and feel your best!

To find a location near you, visit [Neighborhood Centers website](#).



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## Your Health Minute

*(All Members)*

Ready to act F.A.S.T.? May 2023 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 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 this 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](#).



*May 2023 is National Stroke Awareness Month, the perfect time to find out how to lower your risk for stroke, or what to do if a stroke occurs. Learn more in this short video from Anna Bess Brown, executive director of the Justus-Warren Heart Disease and Stroke Prevention Task Force*

An advertisement banner. On the left, a close-up of two hands shaking in a firm grip, one in a white lab coat and the other in a dark suit. The background is a light green gradient. On the right, the text "2025 Transition to Aetna as TPA" is displayed in a bold, black, serif font. Below this text is a blue rounded rectangular button with the white text "Learn More" and a white right-pointing chevron symbol.





This Month's  
Healthy  
Recipe



**Pesto Chicken  
Quinoa Bowls**

[Get the Recipe! >](#)



This Month's  
Wellness  
Tip



**National Stroke  
Awareness Month**

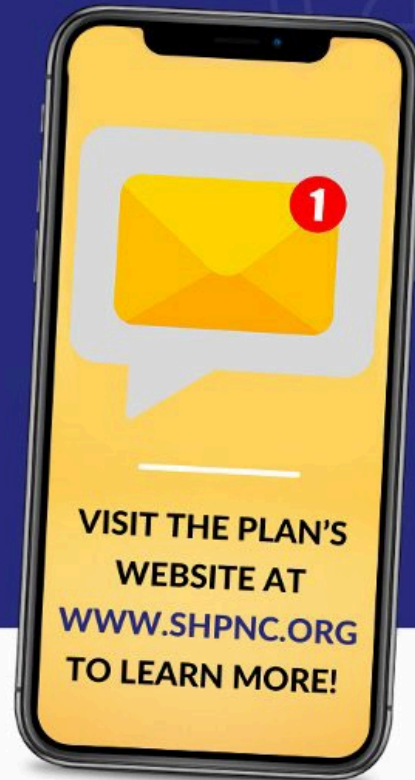
[Learn More! >](#)

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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**

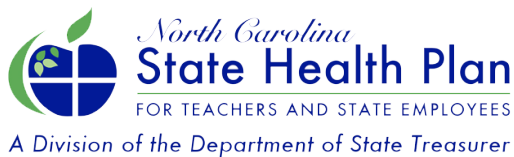


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

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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