

May 2024 Member Focus



Let's Stay in Touch!

(Members enrolled in the Base PPO (70/30) and Enhanced PPO (80/20) Plans)

The State Health Plan is transitioning from Blue Cross NC to Aetna® beginning Jan. 1, 2025. Beginning on that date, Aetna will process medical claims, manage the health care provider network and deliver new member services as the State Health Plan's new third-party administrator (TPA). This transition does **NOT** impact the Humana Medicare Advantage Plans.

To make this transition as seamless as possible, it's important for you to stay updated on Plan news and upcoming events, including 2025 Open Enrollment, which is set for Sept. 30-Oct. 25, 2024. It's easy to stay informed on the TPA transition and all plan benefits news on the Plan's website, in the Plan's monthly e-newsletter Member Focus and on social media. See the handy checklist below and please act before summer starts!

To ensure you receive announcements and messages about this change and Open Enrollment, please:

- Make sure you have your correct mailing address, email address and phone number in eBenefits, the Plan's enrollment system. You can access eBenefits on the Plan's website at www.shpnc.org.
- Make sure your employer has the correct address, as well. If you're a retiree, your personal information needs to be current in ORBIT and eBenefits as the two systems do not coordinate.

- Follow the State Health Plan on Facebook and Instagram! Visit [Facebook.com/SHPNC](https://www.facebook.com/SHPNC) and [nchealthplan](https://www.nchealthplan.com).

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

The State Health Plan's 2024 "Understanding Your Medical Plan Options When You Become Medicare-Eligible" series of [webinars](#) has started!

These popular, free webinars are designed for employees 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. Members who wish to attend are encouraged to [register](#) soon, as these events fill quickly!



Webinars are scheduled for May, June, November and December. [Click here to register!](#)

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

Why You Should Take Your Medications

(Humana Medicare Advantage Plan Members)

Taking your medication regularly as prescribed is known as medication adherence. Having good medication adherence can help you manage your conditions and reduce the risk of complications. Here are some reasons why it is important to take your medication as prescribed.

Forgetting to take your medications for conditions such as high blood pressure or heart disease may lead to unwanted consequences. For example, missing doses will not help you manage your condition and may increase your risk of heart attack, stroke, kidney failure, or other cardiovascular problems.

New research shows that taking medications regularly for diabetes, high blood pressure, and high cholesterol was related to lower levels of newly diagnosed cognitive decline and related conditions. The more doses a person missed, the higher the risk of Alzheimer's disease and dementia. For example, people who regularly missed doses had:

- 27% to 148% increased risk of Alzheimer's disease
- 33% to 105% increased risk of dementia.

Tips to Remember Taking Medications

- Digital health-related applications: Many digital apps may be available on your mobile phone to help remind you to take your medication(s) at the right time. Some examples are Medisafe, DoseCast, Mango Health, and EveryDose.
- Plastic pill box organizers or dispensing systems
- Medication placement or pairing with a daily routine.
- Alarm(s) to take medication(s) at the same time daily

How your Humana pharmacy benefit makes it easier to stay on track with your medications:

- Auto Refill Programs
- You can receive 90-day supplies of most medications that can save you money versus filling 30-day supplies.
- Access to convenient home delivery options through CenterWell Pharmacy*

In summary, taking your medications as prescribed is very important to your health. You should never stop taking your medications without first talking to your provider or pharmacist.

**CenterWell Pharmacy is a pharmacy option within the Humana pharmacy network. You can choose the pharmacy of your choice when filling a prescription.*

Your Health Minute: Lower Your Risk for Stroke!

(All Members)

Ready to act F.A.S.T.? May 2024 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 2024 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.)



**2025 Transition to
Aetna as TPA**

[Learn More >](#)

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**Sheet-Pan Poblano-&-Corn
Chicken Fajitas**

[Get the Recipe! >](#)

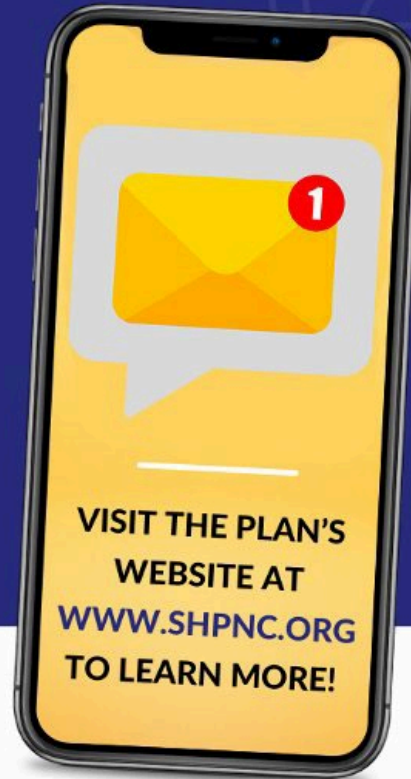


**National Stroke
Awareness Month**

[Learn More! >](#)

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

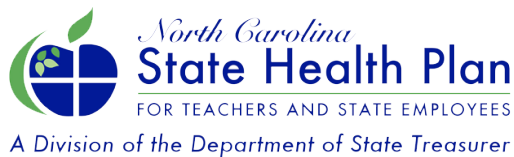


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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