

Take charge of your health with NC HealthSmart resources and services, available to you for free or at very low cost as a State Health Plan member.



Stay Healthy

Personal Health Portal is your health information hub. Find the health assessment, digital health coaching modules, activity & condition trackers & personal health record.

Preventive Services, such as flu shots, routine screenings, & nutritional counseling visits, are covered at 100%, depending on your plan.†



Get Healthier

QuitlineNC offers tobacco cessation support & FREE nicotine replacement therapy.

Additional Tobacco Cessation Supports like prescription & over-the-counter medications, as well as physician & behavioral health counseling, are covered.†

Diabetes Resource Center, an online resource center with information on how to prevent, delay, or better manage metabolic syndrome, prediabetes, & diabetes.



Manage a Condition

Nurse Coaches help members with the following chronic conditions:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Coronary Artery Disease
- Diabetes
- Peripheral Arterial/Vascular Diseases (PAD)
- Stroke

Case Managers help you manage Chronic Kidney Disease, End Stage Renal Disease, & other serious conditions or injuries.

Mental Health & Substance Misuse information is available & services are covered to help you manage stress, anxiety, depression, substance misuse, & more.

