



Take charge of your health with NC Health Smart 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.



www.shpnc.org
or call 800-817-7044 **Hours of Operation:**Mon. - Fri. 8:30 a.m. - 9:00 p.m.
(QuitlineNC is available 24/7)

For more information visit



Members with primary health coverage through the State Health Plan are eligible for NC Health Smart services. Federal and state law prohibits the State Health Plan from using your personal information to discriminate against you in any way or from giving this information to your employer or other unauthorized third party unless required by law.