



State Health Plan 101 Webinar

Nutrition & Weight Management: Your Online Resources

January 2022

Agenda

- Nutrition and Weight Management
- Finding a Dietitian
- Eat Smart, Move More, Weigh Less
- Preventive Services
- BlueConnect Wellness
- Blue365 Discount Program
- Questions



Health & Wellness Resources

- Visit the State Health Plan website at www.shpnc.org and click on the Wellness tab
- This section is dedicated to resources that can help you reach your best health, including:
 - Preventive Care
 - Diabetes Resource Center
 - Opioid Resource Center
 - Worksite Wellness

The screenshot shows the North Carolina State Health Plan website. At the top, there is a search bar and navigation links for eBenefits, About, Find a Doctor, and New Employees. The main navigation menu includes Home, Employee Benefits, Retiree Benefits, Individual Members, Wellness, HBRs, and Contact Us. A red arrow points to the Wellness tab. Below the navigation is a banner for 2022 Benefit Information with a 'Learn More' button. The Wellness page is displayed, featuring a grid of links: Your Health Resources, Preventive Care, Diabetes Resource Center, Opioid Resource Center, High Blood Pressure Resource Center, Worksite Wellness, and Wellness Champions. A red arrow points to the Wellness link in the grid. At the bottom of the page, there is another 'Learn More' button and a photo of a couple looking at a laptop.

Your Health Resources

- In the Wellness section, you can find Your Health Resources, which include:
 - Disease and Case Management
 - Nutrition and Weight Management
 - Mental Health Resources
 - Maternity Resources
 - Tobacco Cessation Resources
 - Personal Health Portal
 - Blue365 Discounts



The screenshot shows the website interface for the North Carolina State Health Plan. At the top, there is a search bar and navigation links for eBenefits, About, Find a Doctor, and New Employees. The main navigation bar includes Home, Employee Benefits, Retiree Benefits, Individual Members, Wellness, HBRs, and Contact Us. A red arrow points to the 'Wellness' menu item. Below the navigation bar, the breadcrumb trail reads 'NC State Health Plan » Wellness » Your Health Resources'. The main heading is 'Your Health & Wellness Resources'. A paragraph states: 'The State Health Plan is committed to helping you reach your best health. All of the resources offered are provided as part of your State Health Plan benefit and are free or provided at a low cost to you as a State Health Plan member. Check out the following health and wellness resources available to State Health Plan members by clicking the boxes below!'. To the right of this text is a green circular icon with a white silhouette of a person in a meditative pose. On the far right, a dark blue sidebar contains a 'Wellness' section with a green bar for 'Your Health Resources' and a list of links: Preventive Care, Diabetes Resource Center, Opioid Resource Center, High Blood Pressure Resource Center, Worksite Wellness, and Wellness Champions.

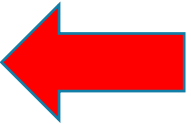
Nutrition and Weight Management

- Nutrition and weight management services available to members on the 70/30 and 80/20 PPO plans
- Adult and child (age 6+) services included under the Affordable Care Act's preventive services
- Covered at 100% for members
- Services can be delivered in an in-network office, urgent care, or outpatient facility settings

Your Health and Wellness Resources

+ Disease and Case Management

- Nutrition and Weight Management



70/30 and 80/20 Plan Members:

Adult and child (age 6+) nutrition and weight management services are included under the Affordable Care Act's preventive services, meaning that they are covered at 100% for members on the 70/30 and 80/20 plans. These services can be delivered in an in-network* office, urgent care, or outpatient facility settings and include:

- Nutritional Counseling, which may include counseling specific to achieving or maintaining a healthy weight
- Obesity Screening
- Behavioral Intervention

*For out-of-network costs associated with these services, please go to the [Employee Benefits page](#) and see your plan's Benefit Booklet.

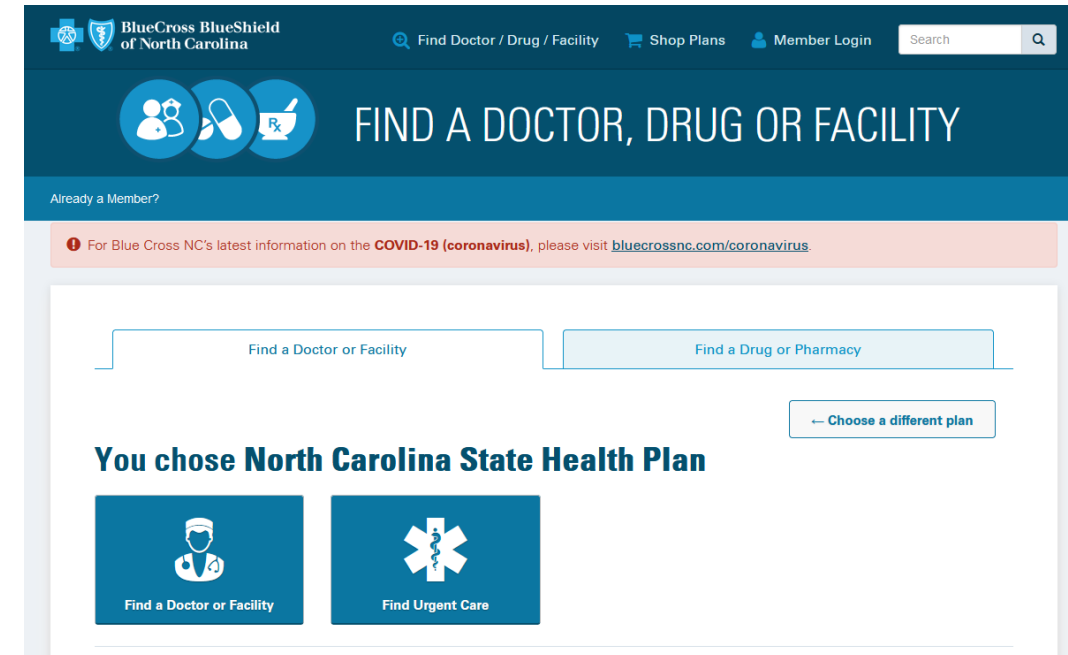
Nutrition and Weight Management Services

- Nutrition and weight management services include:
 - Nutritional counseling, which may include counseling specific to achieving or maintaining a healthy weight
 - Obesity screening
 - Behavioral intervention
- For out-of-network costs associated with these services, please go to the Employee Benefits page and see your plan's Benefits Booklet.



Finding a Dietitian

- You may consult a dietitian to receive free nutrition and weight management services
- To find a dietitian, go to the State Health Plan website at www.shpnc.org and click on Find a Doctor at the top of the page
- Select your plan, either the 70/30 PPO Plan or 80/20 PPO Plan, then search for “Dietitian”



The screenshot displays the BlueCross BlueShield of North Carolina website. At the top, there is a navigation bar with the logo, a search bar, and links for 'Find Doctor / Drug / Facility', 'Shop Plans', and 'Member Login'. Below this is a large blue banner with the text 'FIND A DOCTOR, DRUG OR FACILITY' and icons for a doctor, a pill, and a pharmacy. A link for 'Already a Member?' is also present. A red banner below the main header contains a COVID-19 notice: 'For Blue Cross NC's latest information on the COVID-19 (coronavirus), please visit bluecrossnc.com/coronavirus'. The main content area features two buttons: 'Find a Doctor or Facility' and 'Find a Drug or Pharmacy'. A 'Choose a different plan' button is also visible. Below these buttons, the text 'You chose North Carolina State Health Plan' is displayed. Two more buttons are shown: 'Find a Doctor or Facility' (with a doctor icon) and 'Find Urgent Care' (with a star icon).

Eat Smart, Move More, Weigh Less!

- The Eat Smart, Move More, Weigh Less program includes 15 weekly online sessions delivered by a live Registered Dietitian Nutritionist
- Each session will empower you to make healthy lifestyle changes to achieve and maintain a healthy weight
- State Health Plan active members can participate at no cost! Plan members need to enter this coupon/voucher code during registration: GNC2022.
- Each weekly session is covered at 100% as a telehealth group nutritional counseling visit
- To get started, visit www.esmmweighless.com and click “Register Now”
- Then select “I received a code from my employer” and follow the prompts



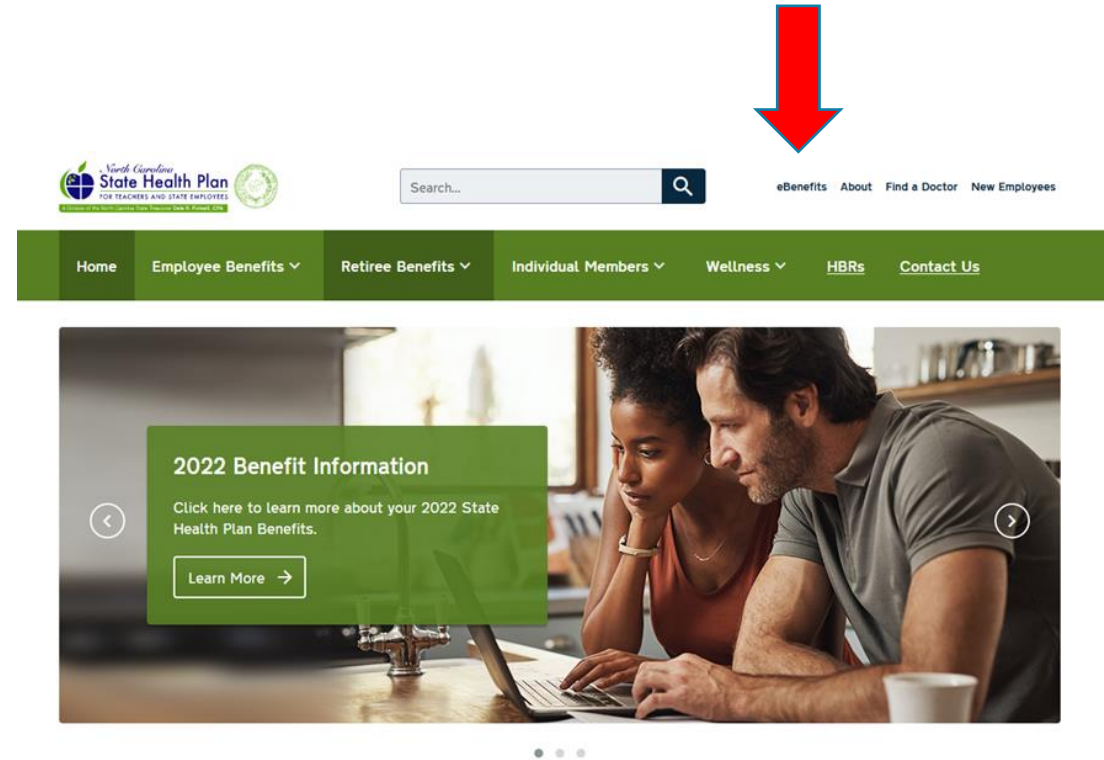
Preventive Services

- Preventive care services and medications are covered at 100% for Plan members on all 3 plans (the 70/30 PPO Plan, the 80/20 PPO Plan, and the High Deductible Health Plan, or HDHP)
- Get the preventive care you need – schedule an annual check-up with your Primary Care Provider
- For a complete list of preventive services, visit the Plan's website, click on Employee Benefits, select your plan and scroll down to the Preventive Services Summary link



BlueConnect

- Plan members have even more health and wellness resources through BlueConnect, your online resource that can help you manage costs, make more informed health decisions and reach personal health goals any time
- To access BlueConnect, you must log into eBenefits, the Plan's enrollment system
- eBenefits is available on the homepage of the Plan's website



BlueConnect Wellness Resources



Home

Profile

Coverage

Claims

Find Care

Documents

Wellness

Log Out

Good Morning, [redacted]
Welcome to Blue Connect.

Health

- Claims**
View your claims and explanation of benefits (EOB).
- ID Card**
View, print or download a digital ID card.
- Find Care**
Find a provider, treatment facility or cost.
- Coverage**
See what services are covered by your plan.
- Documents & Forms**
Access and print documents related to your plan.
- Change Plan**
View plan details and important information.
- Pharmacy**
Find drugs and resources via CVS Caremark

Stay up-to-date about COVID-19, and how we've got you covered.
Get the latest about the vaccine and more

Get Your ID Card When You Need It
Print an ID card from your computer, get it on your



Blue365 Discounts



Resources for Your Health

- Home
- Profile
- Coverage
- Claims
- Find Care
- Documents
- Wellness
- Log Out

Accessing Your Wellness Portal

Your wellness portal, powered by Rally Health, makes it easy to build healthy habits. Within the portal, you'll find personalized activities and resources tailored to help you hit your goals.

[Go to Wellness Portal](#)

Quick Links


- [View ID Card](#)
- [Contact Us](#)
- [Manage Plan](#)

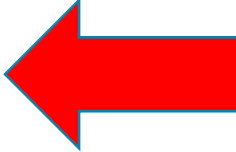
Health Care Support

Get help when you need it most with the Health Care Support Program, a benefit of your State Health Plan. This program complements the care you receive from your primary care provider, specialists, and other medical providers.

[Explore Program](#)

Member Discounts


Blue365
Because health is a big deal™



With Blue365, receive weekly emails and save on the healthy choices you make every day.

[Check Deals](#)



Thank You! Questions?

This presentation is for general information purposes only. If it conflicts with federal or state law, State Health Plan policy or your benefits booklet, those sources will control. Please be advised that while we make every effort to ensure that the information we provide is up to date, it may not be updated in time to reflect a recent change in law or policy. To ensure the accuracy of, and to prevent the undue reliance on, this information, we advise that the content of this material, in its entirety, or any portion thereof, should not be reproduced or broadcast without the express written permission of the State Health Plan.