

January 2021 HBR Update



COVID Vaccine Update for Employees

The [COVID-19](#) vaccine is currently being administered to certain populations. Please encourage employees to visit the [North Carolina Department of Health and Human Services](#) to learn more about the vaccination rollout plan to determine if they are eligible. Once eligible, employees will need to contact their local health department for assistance. To find a local health department, visit [North Carolina Department of Health and Human Services](#).

When employees are eligible to receive the vaccine there will be no cost for employees, it will be covered 100% by the State Health Plan. While there is no member cost, the State Health Plan is paying for the administration of the vaccine, which is why it's important for employees to bring their ID card. The vaccine is currently being paid for by the federal government.

Tobacco Attestation Credit Reversals

More than 2,800 employees across all employing units will have their tobacco attestation credit reversed for not visiting a CVS MinuteClinic or a Primary Care Provider for at least one tobacco cessation counseling session by November 30, 2020. All HBRs with impacted employees will be emailed a list of those employees.

HBRs are urged to remind these employees that losing the credit means that the difference owed will be taken out of their upcoming paycheck(s). If members notice that the difference owed is taken from more than one paycheck, it means that the credit reversal was applied after the January 2021 payroll cutoff.

The Plan used claims data to determine whether employees had completed their tobacco cessation visit. If the provider delayed submitting the claim, it is possible the credit was removed in error. Employees who believe the credit was removed in error should upload a copy of their MinuteClinic tobacco cessation confirmation or paperwork from their provider's office to their [eBenefits](#) document center and request an enrollment exception.

HBR Annual Certification: Dates Set!

The State Health Plan will be conducting its HBR Annual Certification which is conducted each year and includes a brief online training that will be **required** of all HBRs. This training can be accessed via [HBR University](#) starting January 25, 2021, and must be completed by February 28, 2021. If this training is not completed by this date, access to eBenefits will be terminated.

The Plan has the responsibility to ensure that HBRs are fully educated on all policies and practices applicable to the Plan. This requirement has been implemented at the interest of the employees you serve.

Reminder: Sign Up for 2021 HBR Monthly Webinars

For the benefit of HBRs, the State Health Plan continues to offer monthly HBR webinars as monthly training opportunities. The monthly webinars serve as the main source of updates and guided training. Given this emphasis, HBR attendance at each monthly webinar is required.

To register for the monthly webinars, visit the Plan's HBR [Training and Development](#) page.

Help Your Employees Focus on Their Health in 2021!

The Eat Smart, Move More, Weigh Less program includes 15 weekly online sessions delivered by a live Registered Dietitian Nutritionist. Each session will empower participants to make healthy lifestyle changes to achieve and maintain a healthy weight. State Health Plan active members can participate at no cost. Employees need to enter this coupon/voucher code during registration: **GNC2021**. Each weekly session is covered at 100% as a telehealth group nutritional counseling visit. The next series begins February 9.

Click [here](#) and enter in the code above. You must register before February 5!

Did You Know...

Stay Vigilant to Protect Your Health — and Your Employees!

As the new year begins, it's important to start thinking about ways for you and your employees to stay well during the winter months. We should all continue to practice the 3 W's: wear a mask over your nose and mouth, wait 6 feet apart avoiding close contact, and wash your hands or use hand sanitizer. But there are additional ways to protect your and your employees' health!



Whether you are working in the office with co-workers or working remotely, we all need to stay vigilant during this time. Please follow these guidelines and share them with your employees:

- Take care of medical conditions like asthma, diabetes, or heart disease. Attend regular appointments in person or virtually with your health care provider. More resources are available on the State Health Plan [Health and Wellness Resources page](#).
 - Make sure to take your medication as prescribed.
 - See your health care provider when you don't feel well. Don't ignore symptoms that you know or suspect aren't normal.
 - Attend [preventive care appointments](#) to help detect issues early when problems are often easier to treat.
 - Get a flu shot. The Centers for Disease Control and Prevention recommends those 6 months of age and older get a seasonal flu vaccine each year.
 - If you are 65 or older, stay up to date on your pneumonia vaccine each year.
 - Avoid the shingles. Healthy adults 50 years and older should talk to their doctor about getting the shingles vaccine.
 - [Regularly exercise and eat well.](#) Keep your body healthy and strong.
 - Get enough sleep. It's important to see your health care provider if you are experiencing insomnia or having trouble staying asleep. [Do you know how much sleep is recommended for your age?](#)
 - Take care of your emotional health. [Learn more about coping](#) during COVID-19. Seek medical care if you are struggling.
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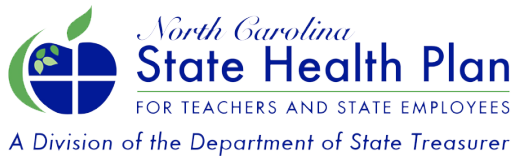
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Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: ppo.inquiries@nctreasurer.com



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