

December 2023 Member Focus

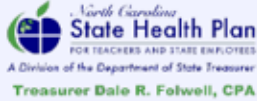


ID Card Reminder for 2024

(All Members)

As a reminder, members enrolled in the Base PPO Plan (70/30), Enhanced PPO Plan (80/20) and the High Deductible Health Plan will not receive a new ID card for 2024 unless you made a change to your coverage during Open Enrollment. **Members will continue to use their 2023 ID card.**


Members enrolled in one of the Humana Medicare Advantage Plans who didn't make a change, will also **not receive a new ID card for 2024**. You will continue using your 2023 ID card.



Provider Type	CPP	Non CPP
Selected PCP*	\$0	\$30
Phy/Occu/Spch Therapy/Chiro	\$36	\$72
Specialist	\$47	\$94
Behavioral Health	\$0	\$45
Urgent Care	\$100	
ER	\$337 + Ded & 30%	

Other Info	INN	OON
Ind Deductible	\$1,500	\$3,000
Ind OOP Max	\$5,900	\$11,800
Family Deductible	\$4,500	\$9,000
Family OOP Max	\$16,300	\$32,600

*If PCP not selected, in-network copay \$45

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Subscriber: SUBSCRIBER NAME 00

Subscriber ID:
YPY100000001

GROUP NAME
 Effective Date: **01/01/24** Group No: **14170742**

RXBIN: **004336** **RXPCN:** **ADV** **RXGRP:** **RX0274**

Primary Care Provider (PCP)
 PROVIDER NAME
 PROVIDER PRACTICE
 919-555-5555

NC SHP Network **Base PPO Plan (70/30)**

Paid for by YOU and other NC Taxpayers

Your Humana Emergency Coverage Travels with You

(Humana Members)

When traveling, your focus should be on your trip, not your health benefits. With Humana, emergency care is one less thing to worry about. If you need to receive emergency care outside of the U.S. and its territories, your State Health Plan Humana Medicare Advantage Plan offers worldwide coverage for those services.

What to know:

- You will need to pay up front for services rendered.
- Be sure to keep itemized billing statements.
- Upon your return, submit a claim form via mail along with any itemized billing statements for reimbursement. You may want to make a copy of your bill and receipts for your records.
- We may not reimburse you for all out-of-pocket expenses.

Remember, you are responsible for any costs exceeding our contracted rates as well as any applicable member cost-share.

For further information, contact Humana Group Medicare customer service at 888-700-2263 (TTY: 711), Monday-Friday, 8 a.m.-9 p.m., Eastern time.

Subrogation: Third-Party Liability and You

(Active and Non-Medicare Members)

Have you recently been involved in a car accident, medical malpractice case, product defect incident, or some other event that resulted in an injury? In certain circumstances, this may lead to subrogation by the State Health Plan (“the Plan”).



When you receive medical treatment because of an injury or illness, the Plan pays the insurance claims for that care. If the need for treatment was caused by someone else’s action or negligence, this is known as third-party liability. So that funds are reserved for our members’ medical claims, the Plan protects its funds by the process of subrogation to recover treatment costs that should have been paid by another party. The Plan will seek reimbursement for medical and pharmacy expenditures if another party is liable for an injury incident, such as medical malpractice, workers’

compensation, slip and falls, product liability cases, or motor vehicle accidents.

The Plan has a legal right to recover paid claims that are the responsibility of a third party. You or your attorney should *immediately* notify the Plan if another party is involved in your accident or caused your injury or illness.

Please note: If a liable third party pays YOU directly for damages and the Plan is not informed, then YOU may be responsible for reimbursing the Plan. You can prevent this situation by contacting the Plan's subrogation contractor, The Rawlings Company, LLC ("Rawlings"). Call Rawlings with any questions toll free at 1-877-229-0872. You or your duly authorized representative can also send an email to NCStatemanualreferrals@rawlingscompany.com for a subrogation request. For details, visit the State Health Plan [website](#). Click on "Employee Benefits" and scroll down to find "[Subrogation and Recovery.](#)"

Your Health Minute

Maintain, Don't Gain for the Holidays

The holidays are right around the corner. Now is a good time to start planning how to maintain your weight and avoid gaining during the holiday season. Switch your focus from weight loss to weight maintenance during the holidays. Follow these four healthy eating tips from the Centers for Disease Control and Prevention (CDC) to help you stay on track.



- **Holiday-Proof Your Plan** – You can't control what foods you will be served at a holiday gathering (unless you're doing the serving!), so plan for challenges. If you will be eating at a different time than usual, have a snack to keep your blood sugar steady. Avoid skipping meals to save up for a feast because you will likely overeat later. If you can, bring a healthy dish to the festivities. If you slip up, get back on track with your next meal.
- **Fit in Favorites** – Choose the dishes you really love and can't get any other time of year. Slow down and savor a small serving, and make sure to count it in your meal plan.
- **Keep Moving** – Being active is your secret holiday weapon. It can help make up for eating more than usual and can help reduce holiday stress. Spread activities out throughout the day and get moving with friends and family.


- **Get Your Z's** – When you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember that the season is about celebrating and connecting safely with the people you care about. When you focus more on fun, it's easier to focus less on food. For more tips, visit the [CDC website](#).



2025 Transition to Aetna as TPA

[Learn More >](#)



This Month's Healthy Recipe



Cranberry-Balsamic Chicken Thighs

[Get the Recipe! >](#)



This Month's Wellness Tip



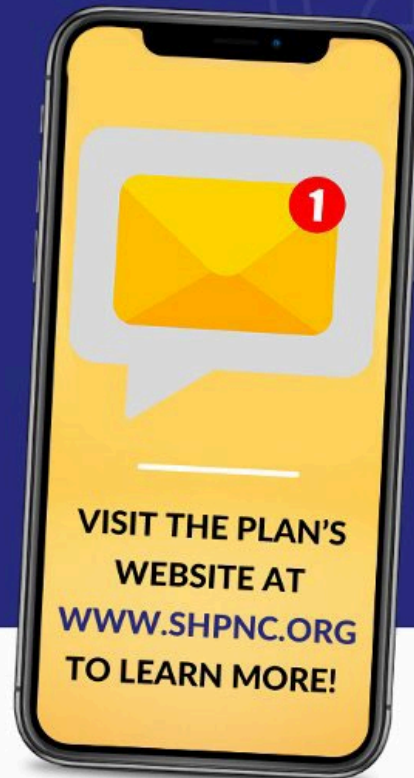
Maintain, Don't Gain This Holiday Season

[Learn More! >](#)

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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

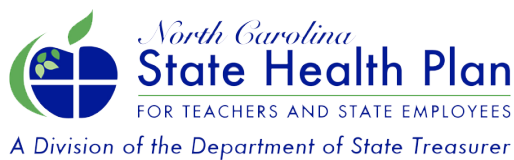


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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