

## June 2022 Member Focus



### 'Understanding Your Medical Plan Options When You Become Medicare-Eligible' Webinars End Next Month!

The State Health Plan continues to offer online webinars with important information on “Understanding Your Medical Plan Options When You Become Medicare-Eligible.”

These popular, free webinars are designed for active employees who will soon be 65, are already 65 or older, and retirees getting ready to turn 65. Each webinar lasts approximately 2 hours and will explain important information regarding Medicare, your retirement health benefit options and offer the opportunity to ask questions.



Webinars are scheduled through July. If you haven't already, register soon, as these webinars are expected to fill quickly!

- [July 12, 2022 – 10 a.m. to noon](#)
- [July 21, 2022 – 2 to 4 p.m.](#)

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### Attention Humana Members!

#### 5 Tips to Remember to Take Your Medication

Taking your medication as directed is an important step in staying healthy. Here are helpful tips about setting up reminders to help you remember to

take your medication at the right time. A few ways you can remind yourself are to:

- Set your phone to get an alert when it's time to take your medication.
- Post little notes around your home in areas you use most, like in the bathroom or on your nightstand.
- Set visual cues around your home, such as placing a pill bottle on the side of a table you use regularly.
- Ask about refill reminders from your pharmacist.
- Use smartphone adherence applications to help you remember.

Sticking to your medication routine (or medication adherence) means taking your medications as prescribed – the right dose, at the right time, and in the right way. Why is doing these things important? Simply put, not taking your medicine as prescribed by a doctor, or as instructed by a pharmacist, could lead to more time in the hospital or doctor's office, and less time at home with family and friends. If you have questions about your medication, don't be shy -- ask your health-care provider or pharmacist and don't delay. Remember, the life you save may be your own!

### **In-Person Events Offered at Humana Neighborhood Centers**

Your local Humana Neighborhood Center is here for you to enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health. Experience fun events, demonstrations and activities to help you learn to eat well, stay active, and feel your best. To learn more about in-person or online activities, visit the Neighborhood Center's [website](#).



Charlotte Neighborhood Center.



Winston-Salem Neighborhood Center

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## Subrogation, Third-Party Recovery and You

*(Active and Non-Medicare Members)*

Have you recently been involved in a car accident, medical malpractice incident, product defect incident or some other event which resulted in an injury?

The State Health Plan has the right to recover medical and pharmacy expenditures where a third party is liable for an injury incident, such as medical malpractice, worker's compensation, class action suits, product liability cases or auto accidents. The Plan protects member funds by paying only those claims for which it is responsible.

If the Plan pays claims that are the responsibility of a third party, then, by law, the Plan has a right to recover those payments. The Plan's lien will not exceed 50 percent of the total damages recovered by the Plan member, exclusive of the member's reasonable cost of collection. That cost is determined by the Plan.

Please note: If a liable third party pays YOU damages and the Plan is not informed, then YOU may be responsible for reimbursing the Plan. You can avoid this situation by calling The Rawlings Company, LLC (Rawlings), the Plan's contractor to pursue third-party subrogation recoveries.

Contact Rawlings with any questions at 877-229-0872. You or your duly authorized representative can also send an email to [NCStatemanualreferrals@rawlingscompany.com](mailto: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."](#)

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## Your Health Minute

### Men's Health

National Men's Health Month is celebrated each June with special emphasis during the week before Father's Day. This national observance raises awareness of preventable health problems and encourages early detection and treatment of disease.

Men, protect your health by doing the following:

- Make prevention a priority
- Eat heart healthy
- Be physically active
- Control your weight
- Quit smoking

Sound a little daunting? Just take it one step at a time. The State Health Plan can help!

**Make prevention a priority.** Many health conditions can be prevented or detected early with regular checkups. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more. For those on the 70/30 and 80/20 PPO Plans, benefits include a routine physical once a year, in network, covered at 100% if filed as a [preventive service](#).

**Be aware that heart disease is a leading cause of death in men.** Know the major signs and symptoms of a heart attack. *If you are having any of these symptoms seek medical attention and don't delay being evaluated by a medical provider. Always call 911 immediately if you think you or someone you know is having a heart attack.* Symptoms include:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

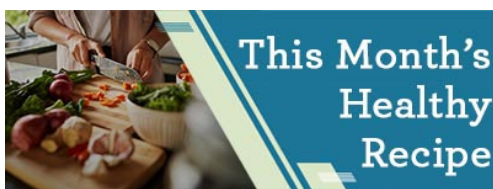
**Eat healthy** and include a variety [of fruits and vegetables](#) in your diet each day. Fruits and vegetables contain vitamins and minerals that may help protect you from chronic diseases. Limit or avoid foods that are high in calories, sugar, salt and fat.



**Get moving!** [Physical activity](#) can help control your weight, reduce your risk of heart disease and some cancers, and improve your [mental health](#). You can also check out the Plan's new [Behavioral Health Resource Center](#).

**Quit smoking.** Smoking has been linked to cancer, heart disease, stroke and increases the risk of sexual dysfunction. For those on the 70/30 and 80/20 PPO Plans, [tobacco cessation support](#) is covered as part of your preventive benefits. Tobacco cessation counseling is available at many provider offices.

In addition, you can visit the State Health Plan [website](#) for more [health and wellness resources](#).



This Month's  
Healthy  
Recipe



**Grilled Peach &  
Brie Smothered Chicken**

[Get the Recipe!](#) >



This Month's  
Wellness  
Tip



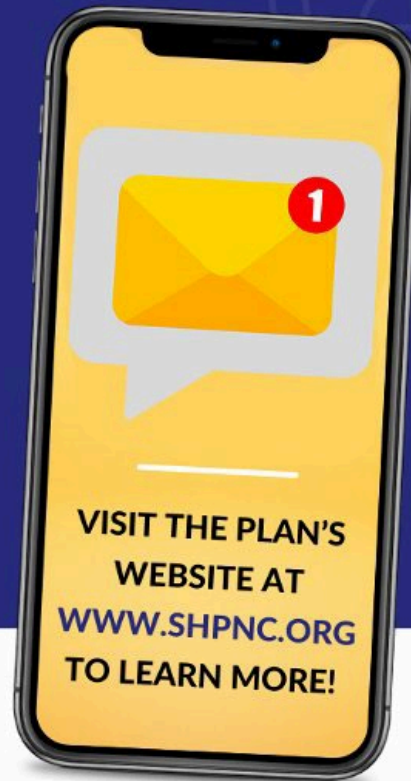
**National Men's  
Health Month**

[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**

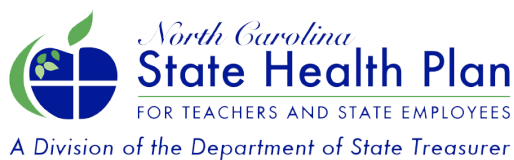


Message Frequency may vary. Message and Data rates may apply.  
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

For questions on this newsletter, e-mail: [ppo.inquiries@nctreasurer.com](mailto:ppo.inquiries@nctreasurer.com)



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