

November 2022 Member Focus



Important Post-Open Enrollment Reminders

(All Members)

Thanks to all of you who participated in Open Enrollment. More than 322,000 subscribers took action!

As a reminder, all active and non-Medicare members enrolled in the Base PPO Plan (70/30) and Enhanced PPO Plan (80/20) will be receiving a new ID card in the mail in December regardless of the actions you took during Open Enrollment.



If during Open Enrollment you selected that you were a tobacco user but willing to visit a Primary Care Provider (PCP) for tobacco cessation counseling, you have until November 30, 2022, to complete at least one tobacco cessation counseling, or risk losing your premium credit. Subscribers must present their State Health Plan ID card in order for the visit to be covered at 100 percent by the Plan. Remember that if you receive another service at the same time at the provider's office, you may be charged.

After you visit a PCP for your tobacco cessation session, the provider will submit a claim on your behalf. To ensure you receive credit for your visit, you should upload your office visit summary to the "Document Center" located in eBenefits, the Plan's enrollment system. Make sure to request a copy of your visit summary during your counseling session.

If you are enrolled in one of the Humana Medicare Advantage plans and didn't make a change, you will not receive a new ID card for 2023. As a reminder, January 2023 premiums will be deducted from your December paycheck or pension.

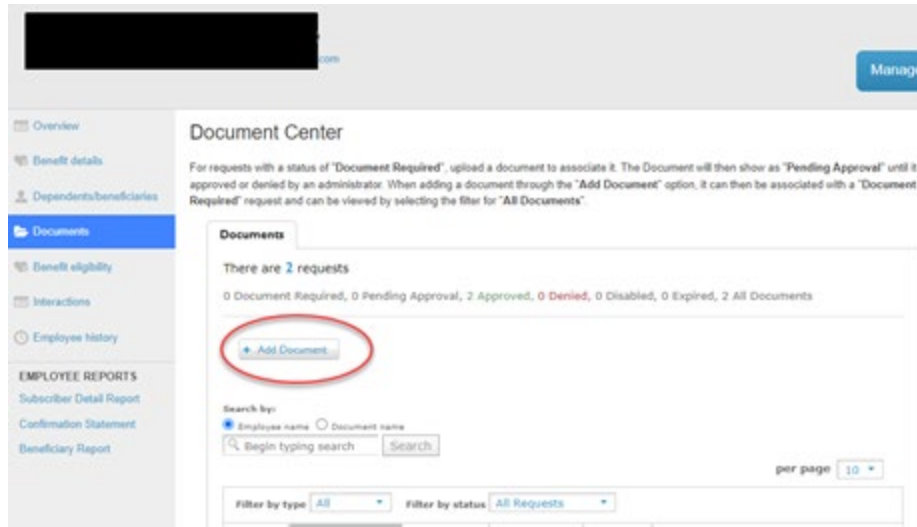


Tobacco Cessation Instructions

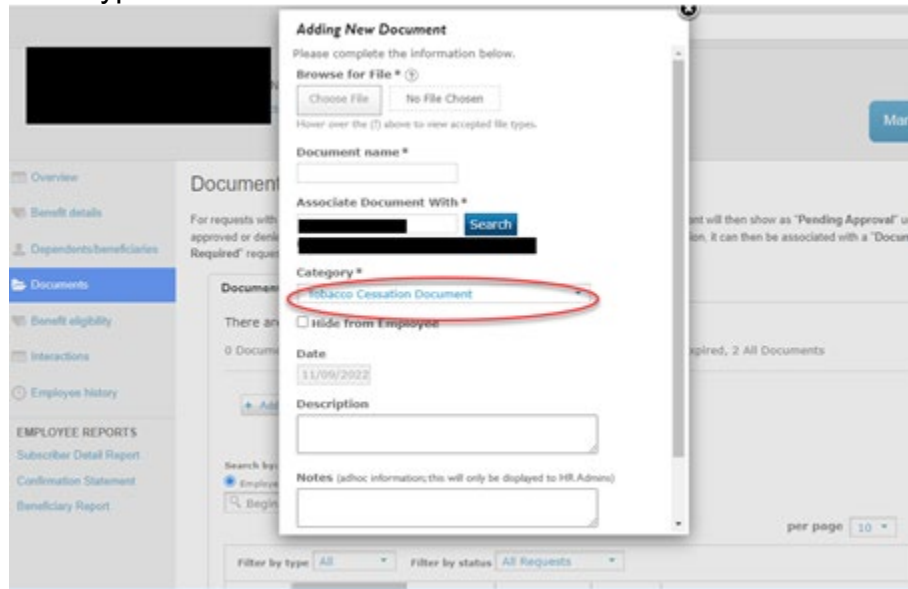
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Upload Document:



Document Type:



8 Questions to Ask Your Doctor or Pharmacist (Humana Medicare Advantage Members)

Medication works best when you understand how and why to take the medication, as well as any potential side effects that may occur. If you have questions about your medication, do not stop taking the medication without talking to your doctor or pharmacist. Here is a list of questions you might want to ask your doctor or pharmacist if you have concerns.

1. How does this medication work?
2. Why did my doctor prescribe this medication?
3. What are the possible side effects of this medication?
4. How long do I need to take this medication?
5. What can I expect the medication to do for me?
6. How should this medication be taken?
7. What should I do if I miss a dose?
8. Are there any foods or substances that may interact with my medication?

Never be afraid to ask questions about your medications. By asking these questions and learning the answers, you will have a basic knowledge of your medication. Whether you are picking medications up for the first time or you have taken them for years, the pharmacist is there to answer your questions and help you to understand your medications. If you can understand your medications, you are well prepared to be a key player in managing your health!

Get Ready for the Great American Smokeout®

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout on November 17 – this week! – be your day to start your journey toward a smoke-free life.

Join thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. [Click here](#) to learn more!

Active and non-Medicare Plan members have a number of tobacco cessation [resources](#) available to them. Get started today!

Your Health Minute: November is National Diabetes Month

It's a health epidemic: diabetes is the seventh-leading cause of death in the United States and impacts millions of people, according to the Centers for Disease Control and Prevention (CDC). National Diabetes Month in November is the perfect time to learn more about – and how to prevent – diabetes.

[Prediabetes](#) is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes increases the risk of developing type 2 diabetes

which can lead to [heart disease](#) and stroke. If you have prediabetes, you can make lifestyle changes to prevent or delay this disease and other serious health problems.

Take the [prediabetes risk test](#) to find out if you are at risk of having prediabetes. If your score is high, talk with your health care provider and commit to making changes that lower your risk.

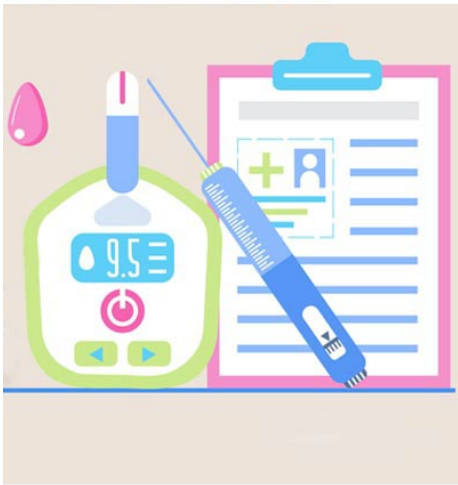
As a reminder, in 2023, the Plan will again offer members enrolled in the Base and Enhanced PPO (70/30, 80/20) plans who take insulin a \$0 cost for preferred or non-preferred prescription insulin.

You can also learn more about diabetes by visiting the Plan's [Diabetes Resource Center](#).



Creamy Chipotle Skillet Chicken Thighs

[Get the Recipe! >](#)



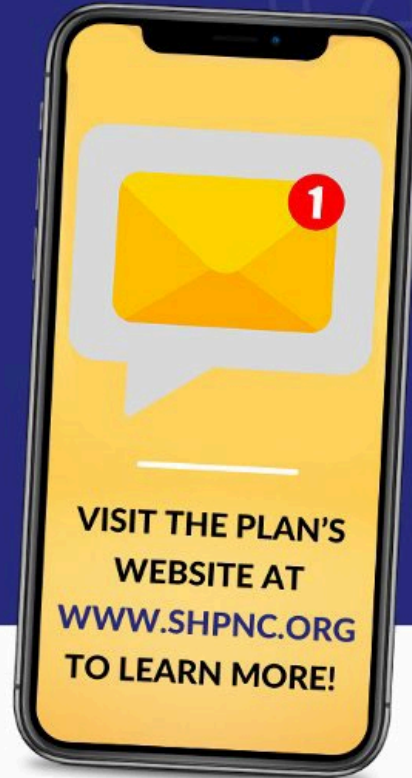
Diabetes Awareness Month

[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

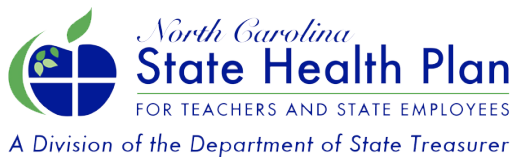


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

Eligibility and Enrollment Questions: 855-859-0966

Prescription Questions: 888-321-3124

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



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