



# NC State Health Plan

Wellness Benefits: 2021

# Your Health & Wellness Resources

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The State Health Plan for Teachers and State Employees is committed to helping you reach your best health.

The following resources are provided as part of your State Health Plan benefit and are free or provided at a low cost to you as a Plan member.

Please take full advantage of the benefits provided to you!





# Preventive Care

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In addition to making healthy lifestyle choices, preventive care is an essential part of living a longer, healthier life.

It includes:

- Annual Physicals
- Screenings
- Check-ups
- Vaccinations
- Some medications

The preventive care that is recommended for you depends on your age, sex, health history, and current health status.



# Preventive Care

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- Preventive care services and medications are covered at 100% for Plan members on all 3 plans (the 70/30 Plan, the 80/20 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.
- This routine exam gives you an opportunity to identify any changes in your health in the past year and receive any recommended preventive care.





# Nutrition & Weight Management

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## **70/30 and 80/20 Plan Members:**

Adult and child (age 6+) nutrition and weight management services are included under your 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 setting and include:

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



# Wellness Premium Credit: Tobacco Attestation

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- During your initial enrollment and annually at Open Enrollment, subscribers who attest to not using tobacco or commit to attending at least one tobacco cessation counseling session can earn a tobacco premium wellness credit.
- Completing this attestation during your enrollment period will save you \$60 per month off your employee-only premium!



# Tobacco Cessation Resources

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As a State Health Plan member, you have access to a variety of tobacco cessation resources to help you quit smoking, chewing tobacco, using snuff, or even e-cigarettes (vaping).

- All plans cover in-person counseling with your provider or behavioral therapist
- \$0 Prescription Medications (70/30 & 80/20 plans)
  - Nicotrol (nicotine inhalation system)
  - Nicotrol NC (nicotine nasal spray)
  - Generic bupropion sustained-release 150 mg
  - Chantix for members  $\geq 18$  years old
    - Chantix is limited to 6-month supply in a 12-month period





# Behavioral Health Resources

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- Plan benefits cover behavioral health and chemical dependency treatment, including office visits for a Primary Care Provider copay.
- For information and details regarding behavioral health and substance use disorder benefits and services, please go to the [Employee Benefits page](#) and refer to your plan's Benefits Booklet for the 70/30 Plan or 80/20 Plan as appropriate.
- As part of your benefit, you also have access to several online resources that include information on managing stress, anxiety, depression, drug misuse, or a substance use disorder. Visit [Beacon Health Options](#), the Plan's mental health case manager's website, or call [800-367-6143](tel:800-367-6143).





# Care Management

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- Members with complicated and/or chronic medical needs may be eligible for care management services.
- Care management, also known as case management, encourages members with complicated or chronic medical needs, their providers, and the State Health Plan or its representative to work together to identify the appropriate services to meet the individual's health needs and promote quality outcomes.
- To accomplish this, members enrolled in or eligible for care management programs may be contacted by the State Health Plan or by a representative of the State Health Plan.



# Save Money with the Clear Pricing Project (CPP)

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- The State Health Plan's Clear Pricing Project was developed to secure the Plan's financial future and to promote quality and accessible health care. This effort resulted in more than 27,000 providers partnering with the Plan for transparent and affordable health care.
- The Plan offers its members copay waivers and reductions for those that visit CPP providers in 2021.
- Find CPP providers in your area by using the CPP Provider Lookup tool located on the Plan's website.





# Save Money with the Clear Pricing Project (CPP)

CLEAR PRICING PROJECT PROVIDER COPAY COMPARISON CHART		
Provider	80/20 Plan	70/30 Plan
Primary Care Provider (PCP)	<b>\$0 for Clear Pricing Project (CPP) PCP on ID card;</b> \$10 for non-CPP PCP on ID card; \$25 for any other PCP	<b>\$0 for Clear Pricing Project (CPP) PCP on ID card;</b> \$30 for non-CPP PCP on ID card; \$45 for any other PCP
Specialist	<b>\$40 for CPP Specialist;</b> \$80 for other Specialists	<b>\$47 for CPP Specialist;</b> \$94 for other Specialists
Speech, Occupational, Chiropractor and Physical Therapy	<b>\$26 for CPP Providers;</b> \$52 for other Providers	<b>\$36 for CPP Providers;</b> \$72 for other Providers

# Update to a CPP Primary Care Provider

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- Selecting or updating your Primary Care Provider (PCP) in eBenefits, the Plan's enrollment system, is simple.
- Remember, it takes 5-7 business days for changes to be made and a new member ID card to be issued via mail.
- Follow the steps below to select or update your PCP:
  - Go to the State Health Plan website at [www.shpnc.org](http://www.shpnc.org) and click on eBenefits at the top of the page.
  - Then, click on the applicable gold button to get started.





# Personal Health Portal

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The Personal Health Portal is open to all active employees and non-Medicare retirees and provides a comprehensive library of tools and resources to help you assess health risks and engage in healthy activities.

The portal also includes a variety of resources:

- **Health Challenges:** Each quarter of the year you will have the opportunity to complete a 4-week challenge, covering nutrition, physical activity, weight management and stress.
- **Online Health Assessment:** This 15-minute online assessment helps you gauge your current health status and identify any concerns, so you can track your progress in the months ahead.
- **Healthy Living Conversations:** These are quick, interactive conversations covering a variety of health topics, such as stress, back pain and getting active.
- **Online Monthly Seminars:** Fun and interesting online seminars are available each month and focus on various health and wellness topics, such as nutrition, fitness and stress reduction.
- **Extensive Health and Video Library:** The portal provides a library of resources to assist you in assessing health risks and engaging in healthy activities, including more than 500 videos.



# Personal Health Portal

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- The Personal Health Portal is available via [eBenefits](#), your one-stop shop for all member benefit information. To get started, click on [eBenefits](#).
- Once logged into [eBenefits](#), look for a link to Blue Connect in the left-hand menu.
- Once in Blue Connect, click *Wellness* at the top of the page.





# Save with Blue365!

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Blue365 is open to all active employees and non-Medicare retirees, offers premier health and wellness discounts and is free to join for State Health Plan members.

A variety of exclusive discounts are available and change weekly. Here's just a sample of what's available:

- Apparel & Footwear: Save on name brands
- Fitness: Gym and online experience discounts
- Hearing & Vision: Save on eye and hearing exams, vision products and hearing aids
- Home & Family: Find deals on vitamins, health supplies and wellness products
- Nutrition: Enjoy savings on nutrition services and products
- Personal Care: Save on mindfulness-based courses and personal care products
- Travel: Save on hotels, car rental and vacation activities





# Sign Up for Blue365

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- For State Health Plan members, Blue365 is available via [eBenefits](#), your one-stop shop for all member benefit information.
  - To get started, go the State Health Plan website at [www.shpnc.org](http://www.shpnc.org).
  - Click on [eBenefits](#) at the top of the page.
  - Once logged into [eBenefits](#), look for a link to Blue Connect in the left-hand menu.
  - Once in Blue Connect, click *Wellness* at the top of the page.
  - Scroll down to *Member Discounts Blue365 Program* to click and save!





# Let's Stay in Touch!

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- Sign up for Member Focus, our free monthly e-newsletter!
  - Member Focus keeps you up to date on pharmacy and health benefits and provides tips on how to stay healthy and save money.
  - Go to the State Health Plan website at [www.shpnc.org](http://www.shpnc.org) to sign up.
- The Plan periodically sends our important information on benefits, enrollment and programs.
  - Make sure the Plan has your correct updated mail, email and phone number.
  - Check eBenefits to ensure we have your information. If you are not able to update, please see your HR department for assistance.



# Take Charge of Your Health

Visit the State Health Plan website at [www.shpnc.org](http://www.shpnc.org) to review your benefits and other important information. Remember that important documents are stored at this site for easy access. Make sure to review your:

- 2021 Benefits Booklet
- 2021 Plan Comparison Chart
- 2021 Uniform Summary of Coverage
- 2021 Preventive Services Summary
- 2021 Pharmacy Drug Benefits

We encourage you to use these resources and benefits on your wellness journey!