

August 2021 Member Focus



Reminder: Get a Head Start on Open Enrollment!

(Tobacco Users on the 70/30 & 80/20 Plans)

Are you a tobacco user who wants to earn your monthly premium credit for 2022? As a reminder, you don't have to wait until Open Enrollment to take action to save money throughout 2022!

Tobacco users can attend a tobacco cessation counseling session at a CVS MinuteClinic or a Primary Care Provider's (PCP) office for FREE to earn a lower premium for 2022. You have until November 30, 2021, to take action. (Note: If you combine your tobacco cessation visit with another service, there may be a copay.) This convenient option means:



- No need to wait for Open Enrollment in October to secure your monthly premium credit for 2022.
- If a CVS MinuteClinic is not convenient, you can see any provider that offers tobacco cessation counseling as a service.

How it works:

- After you visit a CVS MinuteClinic or a PCP for your tobacco cessation session, the provider will submit a claim on your behalf. To ensure you receive credit for your visit, 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 summary during your visit.

- This action is ONLY for tobacco users who want to reduce their monthly premium by \$60 per month in 2022. If you are NOT a tobacco user, you will simply attest to that online during Open Enrollment, October 11-29, 2021.
- If you are a retiree and plan to enroll in the 70/30 Plan for 2022, this activity is not required to reduce your premium.

During Open Enrollment, you will need to attest during the online enrollment process. This step is critical to ensure you receive the lower premium for 2022.

Open Enrollment for the 2022 benefit year is scheduled for Oct. 11-29, 2021.

SHP 101: Spotlight on the Find a Doctor Tool

(Members Enrolled in the 70/30, 80/20 Plans & HDHP)

The next State Health Plan 101 webinar will focus on the Find a Doctor tool on the State Health Plan website, where you can search for and select a Primary Care Provider (PCP) or Clear Pricing Project (CPP) Provider.

The Find a Doctor tool lets you search for and select PCPs and CPP providers anytime, from the convenience of your home or office. Attend this webinar to learn more. Just click below to register!

August 25 at [12:30 p.m.](#) & [4 p.m.](#)

[Click here to register →](#)

Humana Plan Members: Annual Wellness Visit Reminder

An Annual Wellness visit with your Primary Care Provider (PCP) is an important step in maintaining your best health. Your State Health Plan Humana Medicare Advantage Plan provides coverage for one Annual Wellness Visit with your PCP every 12 months, at no cost to you!

The Humana logo is displayed in a bold, green, sans-serif font.

This visit gives you the opportunity to develop or update a personalized prevention plan with your PCP based upon your current health, lifestyle, and risk factors. The goal is to create a plan just for you – to help you avoid or reduce the effects of conditions like diabetes, heart disease, and obesity. When you help your doctor understand your health history and concerns, the two of you can chart a course to keep you healthy going forward. That gives you power to anticipate and prevent surprise medical issues.

Helpful topics to discuss with your PCP during your Annual Wellness Visit:

- Your medical history*, including screenings and shots in the past year
- Family health history
- List of all medicines and supplements you take
- List of all doctors and pharmacists you use
- Any information you have on recent visits with your specialists

*Please note that discussing new symptoms with your PCP during your Annual Wellness visit **may** cause your appointment to be billed as diagnostic and require a PCP copay. Humana does not determine the nature of your visit; Humana will process all claims according to the plan benefits. Covered preventive services are covered at 100%; diagnostic visits will have the applicable cost share apply.

Get Rewarded!

Through your State Health Plan Humana Medicare Advantage Plan you can earn rewards from Go365 by Humana by completing various activities and preventive health screenings! Did you know that by completing your Annual Wellness Visit you can earn \$25 in Go365 rewards? Use your rewards to redeem gift cards from a variety of popular brands!

For more information on rewardable activities, or to get started with the Go365 by Humana Program, visit **MyHumana.com** and click on **Go365** from your dashboard. (NOTE: Your username and password will be the same as you use to sign in to MyHumana.com). If you prefer to participate by mail, you can request paper materials by calling your dedicated Customer Care Team at **1-888-700-2263 (TTY: 711)**.

Final Webinar in "Understanding Your Medical Plan Options When You Become Medicare-Eligible" Series

Retired or thinking about retirement and becoming Medicare eligible? There's a lot to consider! We can help you navigate through your State Health Plan options.

If you haven't already attended a webinar, join us for this year's final webinar on "Understanding Your Medical Plan Options When You Become Medicare-Eligible" on August 26 from 10 a.m. to 12 noon. Click the button below to register!

[Click here to register →](#)

Eat Smart, Move More and Weigh Less Reminder!

(Active Members)

The Eat Smart, Move More, Weigh Less program is under way, and State Health Plan active members can participate at no cost! Learn more:

- ESMMWL program includes 15 weekly online sessions delivered by a live Registered Dietitian Nutritionist.
- Each weekly session is covered at 100% as a telehealth group nutritional counseling visit.
- See the [flier](#) and [schedule](#) for more details.
- Plan members need to enter this coupon/voucher code during registration: GNC2021.

Up for round two? Continue your journey toward better health with Eat Smart, Move More, Weigh Less 2.

- This 12-week weight management program is intended for those who have completed the Eat Smart, Move More, Weigh Less program.
- It is also covered under telehealth as a telehealth group nutritional counseling visit.
- Click [here](#) to learn more.
- The coupon/voucher code for State Health Plan members to register for the ESMMWL2 program is GNC22021.

Your Health Minute

National Immunization Awareness Month

August is National Immunization Awareness Month. This observance highlights the importance of vaccination not only for children, but for people of all ages. Immunizations are among the most effective ways to protect against serious diseases. Many vaccine-preventable diseases are no longer common thanks to vaccines!



Next Member Webinar
"SHP 101: Find a Doctor Tool"
August 25, 2021 - 12:30pm & 4:00pm

[Click to Register! >](#)



This Month's
Healthy
Recipe



This Month's
Wellness
Tip



**Turkey
Ma Po Tofu**

Get the Recipe! >



**Back to School
Reminders & Readiness**

Learn More! >

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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



North Carolina
State Health Plan

FOR TEACHERS AND STATE EMPLOYEES

A Division of the Department of State Treasurer



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