

July 2022 Member Focus



Tobacco Users: Get a Head Start on 2023 Open Enrollment!

(Active Members)

Active members who are tobacco users and want to earn the monthly premium credit for 2023 don't have to wait until Open Enrollment this fall. Tobacco users can take action now to save money throughout 2023!

Starting July 1, 2022, tobacco users can attend a tobacco cessation counseling session at any provider's office that offers the service for FREE to earn a lower premium for 2023. They have until November 30, 2022, to take action. (Note: If members combine their tobacco cessation visit with another service, there may be a copay.)

This convenient option means there's no need to wait for Open Enrollment in October to secure the monthly premium credit for 2023.

How it works:

- After members visit a provider for their tobacco cessation session, the provider will submit a claim on their behalf. To ensure they receive credit for their visit, members can upload their office visit summary to the "Document Center" located in [eBenefits](#), the State Health Plan's enrollment system. They should make sure to request a copy of their summary during their visit.
- This action is **ONLY** for tobacco users who want to reduce their monthly premium by \$60 per month in 2023.

- If members are **NOT** tobacco users, they will simply attest to that *online* during Open Enrollment, October 10-28, 2022. This step is critical to ensure members receive the lower premium for 2023.

The next State Health Plan 101 webinar will focus on the tobacco attestation process. The webinar is July 27 at 12:30 p.m. and 4 p.m. Click [here](#) to register!

'Understanding Your Medical Plan Options When You Become Medicare Eligible' Recorded Webinar Available

Good news! If you missed the State Health Plan's webinars regarding "Understanding Your Medical Plan Options When You Become Medicare Eligible," you may access a recorded version – and other recent webinars – by clicking [here](#).



Attention Humana Members!

Humana is excited to see you in person this summer! Bring a friend and come join us at one of your North Carolina Neighborhood Centers for educational classes just for you! Make sure to call and register, as space is limited! For a complete list of dates and locations, visit [our website](#) If you do not live near one of the five neighborhood centers or cannot attend in person, the Neighborhood Centers offer virtual and on demand classes too!

Can't make it in person?

Humana hosts health education webinars online for its members throughout the year. For a complete listing of online events, and to register, visit [HumanaNeighborhoodCenter.com](#).

Attending in-person or virtually helps you earn your Go365 rewards points! To learn more about how to activate your account in Go365, watch this [short video](#). Here are examples of classes on tap:

- **5 sneaky causes of weight gain:** Maintaining a healthy weight may help you feel good about yourself and give you more energy to enjoy life.

- **Stretch your grocery dollars:** There are many ways to save on food costs and eat healthy.

Please call your local Neighborhood Center to find out the exact dates and to RSVP for the upcoming in-person classes.

Asheville:

1863 Hendersonville Road,
Suite 122
Asheville, NC 28803
828-772-3090

Charlotte:

9901 E. Independence
Blvd.
Matthews, NC 28105
980-262-6555

Greensboro:

1564 Highwoods Blvd.,
Suite A
Greensboro, NC 27410
336-547-2701

Raleigh:

4430 Fayetteville Road
Raleigh, NC 27603
919-664-1755

Winston-Salem:

1045 Hanes Mall Blvd.
Winston Salem, NC
27103
336-293-0122

Your Health Minute

Stay Healthy on Vacation and Remember UV Safety!

Summer is in full swing. Stay healthy on vacation by planning ahead. Stay hydrated, eat healthy, get some exercise and, in particular, practice [sun safety](#). Remember to:

- Reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.
 - When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up.
 - For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
 - Wear sunglasses, which protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
 - Put on broad spectrum [sunscreen](#) that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. And remember, sunscreen works best when combined with other options!
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Save the Date!
2023 Open Enrollment
Oct. 10 - Oct. 28, 2022



**This Month's
Healthy
Recipe**



**This Month's
Wellness
Tip**



**Watermelon, Cucumber
and Feta Salad**

Get the Recipe! >



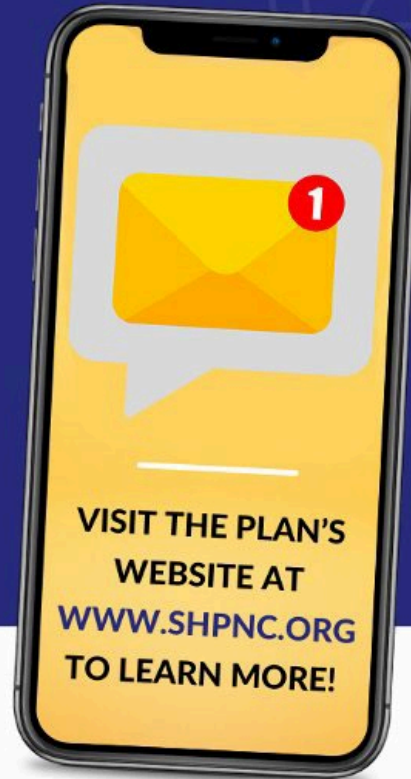
**Practice
Sun Safety!**

Learn More! >

Connect with us on facebook

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

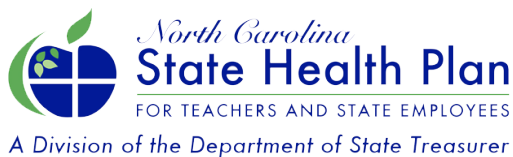


Message Frequency may vary. Message and Data rates may apply.
Reply STOP to cancel.

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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