

STATE HEALTH PLAN Health & Wellness Resources

The resources listed below are included as part of your State Health Plan benefits.

DISEASE AND CASE MANAGEMENT SERVICES

Support is available for a wide range of lifestyle topics and chronic conditions.

LIFEMART DISCOUNT PROGRAM

Exclusive discounts on a variety of products and services.

TOBACCO CESSATION RESOURCES

Programs and tools to help members quit tobacco use.

NUTRITION AND WEIGHT MANAGEMENT

Eat Smart, Move More, Weigh Less

15 weekly online sessions led by a live Registered Dietitian Nutritionist.

**Does require participant fee.*

Eat Smart, Move More, Prevent Diabetes

12-month online program to help prevent or delay type 2 diabetes.

**Does require participant fee.*

24-HOUR NURSE LINE

Speak with a registered nurse about health concerns. Available 24/7.

Unlimited calls. No additional cost. Covered family members can use as well.

THE PLAN IS COMMITTED TO HELPING YOU REACH YOUR BEST HEALTH.



STAY IN TOUCH

CONTACT US:

Aetna Health Concierge
(Customer Service)

833-690-1037 M-F 8am-5pm

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@nchealthplan



SIGN UP:

Subscribe to Member Focus,
the State Health Plan's free monthly
e-newsletter at www.shpnc.gov

LANTERN SURGICAL BENEFIT

The State Health Plan partners with Lantern to connect members with high-quality, carefully selected surgeons. \$0 cost for surgeries performed by a Lantern provider — no deductibles, no copays.

COVERS MORE THAN 1,500 PLANNED, NON-EMERGENCY SURGERIES.

Call Lantern at 833-916-3826 to determine if your surgery is covered. Medicare Primary and HDHP members are not eligible to participate in this benefit.



Scan to visit the Plan's additional Health and Wellness Resources to keep you on a healthier path.

www.shpnc.gov



North Carolina
State Health Plan

FOR TEACHERS AND STATE EMPLOYEES

A Division of the Department of State Treasurer