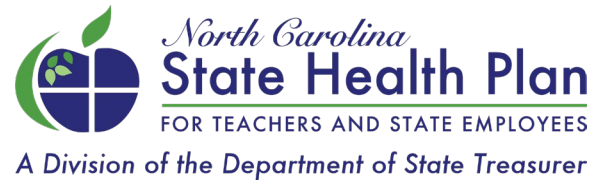




# Medical Policy Advisory Committee

May 13, 2026 Meeting



# Agenda

- Welcome & Call to Order  
Dr. Brian Miller, Chair
- Conflict of Interest Statement  
Dr. Brian Miller, Chair
- Approve Minutes from February 25, 2026  
Dr. Brian Miller, Chair
  
- Committee Task / Action Item  
Sonya Dunn  
Integrated Health Management Director
  
- Discussion Topic: Benefit Exclusions  
Dr. Brian Miller, Chair
  - Review of Flow Chart
  - Review of Committee Feedback
  - Recommendations for Tom Friedman
  
- Topics for Next Meeting  
Beth Horner  
Chief of Staff/Director of Communications
  
- Adjournment  
Dr. Brian Miller, Chair

# Welcome & Call to Order / Roll Call

## Medical Policy Advisory Committee Members

- Brian Miller, MD (*Chair*)
- Joel Gallagher, MD
- Anna Edhegard, MD
- Caroline Wilds, MD
- Zari Cain-Akbar, MD
- Kathy Ricardson, MD
- Jugta Kahai, MD
- Prathana Jain, MD
- Jennifer Parker-Cote, MD
- Geoffrey Rose, MD
- Carl Gessner, MD
- Fabian Johnston, MD
- Justin Sullivan, MD
- Susan Moore, MD
- Steven Bokshan, MD

## State Health Plan Staff

Tom Friedman, Executive Director

Beth Horner, Chief of Staff/Director of Communications

Sonya Dunn, Integrated Health Management Director

# Ethics Awareness & Conflict of Interest

- In accordance with the [Recusal Guidelines for Public Servants](#), it is the duty of every member of the Medical Policy Advisory Committee, whether serving in a vote-casting or advisory capacity, to avoid both conflicts of interest and appearances of conflict.
- Members are asked to disclose any conflicts of interest, or the appearance thereof, regarding today's discussion. Should a conflict become apparent during the proceedings, please declare it and recuse yourself from the matter involved.
- Does any Committee member have any known conflict of interest or the appearance of any conflict? If so, please state it at this time.

# Approve Minutes from February 25, 2026

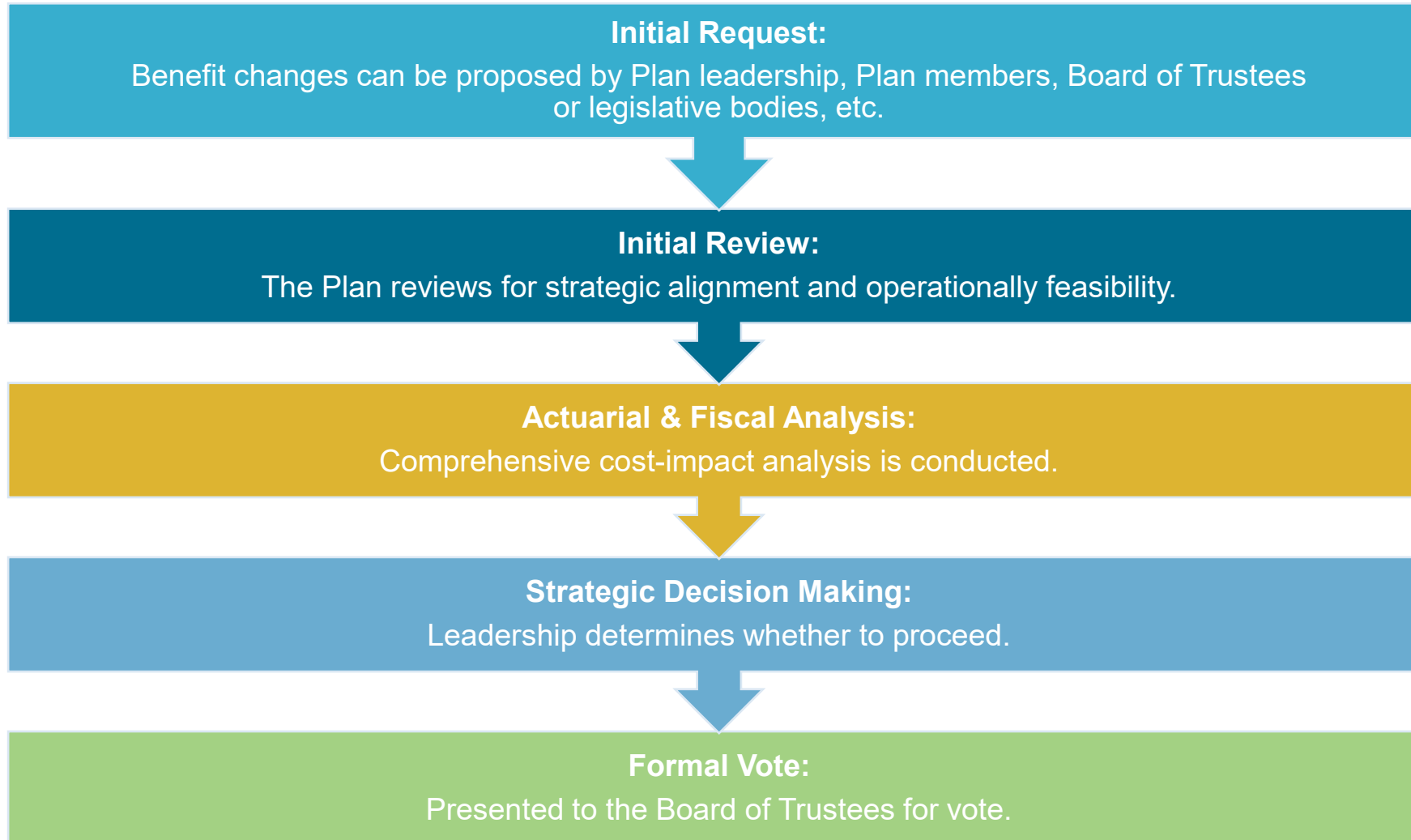
- Copies of the minutes were distributed prior to the meeting for your review.
  
- Are there any additions or corrections to the minutes?
  
- The minutes stand approved.
  - Those in favor, say “yea”
  - Those opposed, say “nay”

# Committee Task / Action Item

Committee members were asked to assess the current exclusions outlined in the 2026 Benefits Booklet, focusing on the following key questions.

- Are there **any exclusions** in the State Health Plan's benefits booklet that you recommend **REMOVING**?
- Are there **any exclusions** in the State Health Plan's benefits booklet that you recommend **ADDING**?

# Benefit Coverage Process



# Committee Feedback

## ACUPUNCTURE

*Consider removing the exclusion:*

- Acupuncture treatments may be useful to cover for certain indications with strong evidence, such as pain management.

## DURABLE MEDICAL EQUIPMENT

*Consider removing the following exclusions:*

- Communication boards: Could be considered for ALS, CVA etc. patients.
- Diabetic shoes: Could be considered with a defined scope of indications and frequency.
- Spirometers: Could be considered covered for asthma with some frequency of purchase.
- Wheelchair accessories: The following accessories could be considered with possible limitations on frequency or benefit value cap: commode seats, trays, narrowing device, crutch and cane holders, cylinder tank carriers, arm troughs.

# Committee Feedback

## FAMILY PLANNING

*Consider removing the following exclusions:*

- **Childbirth preparation classes**, including but not limited to Lamaze classes, childbirth refresher classes, cesarean birth classes, vaginal birth after cesarean classes, and infant safety classes including CPR after surveying practices of other employers, SHPs and verifying that not offered as a benefit elsewhere for state employees. This could be a defined benefit.

## PHOTOTHERAPY

*Consider removing the following exclusion:*

- Consider for coverage as an alternative to or on the path to high-cost specialty biologic therapy as part of a step or alternative to Rx therapy.

# Committee Feedback

## WIGS

*Consider removing the following exclusion:*

- Consider coverage of some frequency and some indications for cancer patients on chemo or with certain conditions like alopecia.

# Actuarial Example of Adding Benefit Coverage

## ACUPUNCTURE / DRY NEEDLING EXAMPLE:

- Segal has estimated an annual cost of \$3.5 - \$5.5 million to add coverage for acupuncture and dry needling.
- Any change in benefits that increases costs for the State Health Plan requires additional resources to support the change.
- For example, subscriber premiums would need to increase by approximately \$1.50 per month to support an increase of \$5.5 million in Plan costs.

# Next Steps: Plan Staff

Research current usage trends, policies and financial impacts regarding:

- Acupuncture
- DME
- Childbirth Classes
- Phototherapy
- Wigs


# Upcoming Topics & Adjournment

Committee will be asked to evaluate the following:

- Experimental Procedures



# Thank You.

 *North Carolina*  
**State Health Plan**  
FOR TEACHERS AND STATE EMPLOYEES  
*A Division of the Department of State Treasurer*

