

HBR UPDATE

HEALTH BENEFITS REPRESENTATIVE



Keeping you up-to-date on important State Health Plan information!

www.SHPNC.gov

NEW State Health Plan Benefit! Eat Smart, Move More, Prevent Diabetes

Eat Smart, Move More, Prevent Diabetes is a Centers for Disease Control and Prevention (CDC) recognized, 12-month online diabetes prevention program based on strategies proven to prevent or delay type 2 diabetes. If you have been diagnosed with prediabetes or are at risk of developing type 2 diabetes, this program may be for you!



Before individuals develop type 2 diabetes, they almost always have prediabetes – a condition defined by higher-than-normal fasting blood glucose levels, but not yet high enough to be considered diabetes.

Without lifestyle changes, prediabetes will likely progress to diabetes. However, with exercise and dietary changes, you can reverse prediabetes and prevent or delay the progression to diabetes.

State Health Plan members who have prediabetes or those who are at risk of developing type 2 diabetes, can now participate in the Eat Smart, Move More, Prevent Diabetes program for only \$30! Recognizing the importance of prevention, the State Health Plan will cover the remaining \$430 fee to ensure members can participate in this program for a small fee.

All active employees, non-Medicare retirees or dependents over the age of 18 who are currently enrolled in the State Health Plan are eligible.

Direct employees [here](#) to check their eligibility and to register with the **voucher code SHP2026**.

Encourage your employees to start their journey with virtual classes beginning March 1st!

1st Quarter Salary Change Impacts

This serves as a reminder regarding possible premium impacts on employees that experience a salary change during the first quarter of 2026.

If an employee experiences a change in salary during the first quarter, it is possible that the change could place them in a different salary band, therefore, change their monthly premium.

After this first quarter, once the system enhancement is in place, that will not be the case. The goal has always been to have the employee premium locked at the time of Open Enrollment.

For more information see the *2026 OE Toolkit - Salary Based Premium Information* in eBenefits.

Pre-65 Webinars Prospective Retirees

HBRs are urged to share this information with employees nearing retirement. The 2026 **“Understanding Your Medical Plan Options When You Become Medicare-Eligible”** series has started!

These webinars are designed for employees who will soon be 65, are already 65 or older, and retirees getting ready to turn 65. Each event lasts approximately 2 hours and will explain important information regarding Medicare, retirement health benefit options and offer the opportunity to ask questions.

Upcoming webinars are **February 17, March 5, March 19 and March 31** and are currently scheduled through April. Employees who wish to attend are encouraged to [Register Soon](#) as these events fill quickly!

Upcoming March Lunch & Learns

Eat Smart, Move More, Weigh Less Information Webinars

Encourage your employees to join an upcoming webinar to learn about the Eat Smart, Move More, Weigh Less program, an evidence-based 15-week online weight management program. During the program each weekly hour-long lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity.

The program is delivered via Zoom in an interactive real-time format with a live Registered Dietitian Nutritionist (RDN) instructor. This program is offered as a fully covered benefit at **no-cost for active members** by the State Health Plan. Visit [the Plan’s website](#) to learn more about the program.

This 30-minute lunch-time information webinar will introduce the program and provide details on how to participate. Both sessions cover the same information so employees can choose the one that works best for their schedule. Employees must register online:



Tuesday, March 24 at 12:00pm →

Wednesday, March 25 at 12:00pm →

Follow us on social media and Subscribe to Member Focus

Are your employees following us on social media - are you? Stay connected with the latest Plan updates, upcoming events, benefit highlights, healthy living tips, and see Plan staff at work for you. Follow us on Facebook [@SHPNC](#) and Instagram [@nchealthplan](#).

To help spread the word, print out this [FLYER](#), cut into thirds to save paper, and post in common areas so members can easily connect with the State Health Plan.



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Avocado and Chickpea Salad

American Heart Month

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Eligibility and Enrollment Questions: 855-859-0966
For questions on this newsletter, e-mail: shpmemberinquiries@nctreasurer.com

