



Let's Talk Menopause and Healthy Aging Webinar

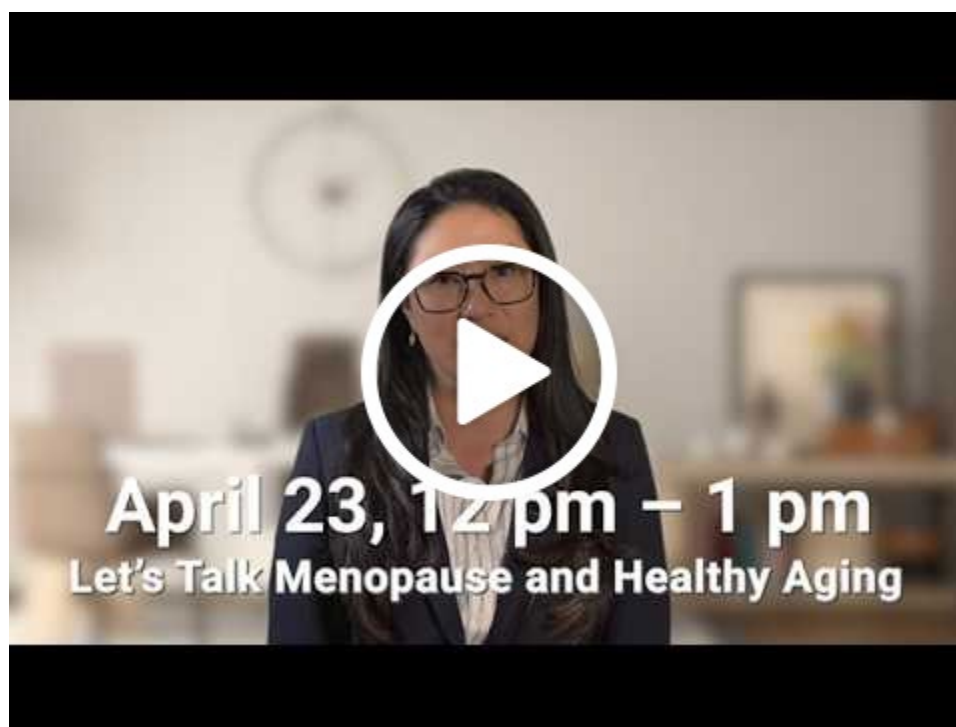
Are you navigating perimenopause or menopause and wondering what's happening to your body? You aren't alone, and you don't have to go through it alone.

Join the State Health Plan for the **Let's Talk Menopause and Healthy Aging** webinar designed to help you understand this natural life stage.

We'll cover general information regarding menopause, its symptoms, its impact on overall health, and some suggestions for support.

This is open to all State Health Plan members. To register, click below!

Thursday, April 23 from Noon - 1 p.m. →



Click to play video

Pre-65 Webinars for Prospective Retirees

(All Members)

The State Health Plan's ***Understanding Your Medical Plan Options When You Become Medicare-Eligible*** series are webinars designed for active members 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.

The next webinars are scheduled for April 30 and May 7. These events fill quickly, so click below to register!

[Click here to register →](#)

Eat Smart, Move More, Prevent Diabetes Classes Begin May 10th

(Members Enrolled in the Standard, Plus and Non-Medicare Members on the 70/30 Plan)

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 is for you! You CAN prevent type 2 diabetes.**

Since diabetes is so common today, it's easy to forget just how serious it is. However, before people 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, here's the good news: With exercise and dietary changes, members can reverse prediabetes and prevent or delay the progression to diabetes.

Did you know?

- 1 out of 3 adults in the nation has prediabetes, often without being aware of it.
- 30% of people with prediabetes will develop type 2 diabetes within 5 years if there is no intervention.
- 58% of people with prediabetes can reduce their risk by participating in a structured lifestyle change program.

Members who have prediabetes or those who are at risk of developing type 2 diabetes can now participate in the CDC-recognized ***Eat Smart, Move More, Prevent Diabetes*** program for only \$30! Who can enroll? All active employees, non-Medicare retirees and dependents over the age of 18 who are *currently enrolled* in the State Health Plan. The Plan recognizes the importance of prevention and will cover the rest of the \$430 fee to help members participate in this program.

This program is a great opportunity for members who have been diagnosed with prediabetes or are at risk of developing type 2 diabetes.

You CAN prevent type 2 diabetes. Enroll today!

[Click here to see if you qualify →](#)

Take Advantage of your Annual Wellness Visit

(Humana Medicare Advantage Members)

Book your Annual Wellness Visit with your doctor. Unlike a typical physical, this is a relaxed conversation focused on creating a personalized plan to support your health and wellness as you age.

Plus, as a valued Humana Medicare Advantage member, you can earn \$25 to redeem in Go365 gift cards just for completing your Annual Wellness Visit. Best of all, it's covered at no cost to you – simple, helpful, and rewarding!

Tips to get you started:

- Schedule your no-cost visit. Make the most of your covered benefits
- Know it's more than a checkup. It's not just about numbers – it's a chance to talk about your health and set realistic goals for feeling your best.
- Find the right provider. Use MyHumana's "Find Care" tool to find a provider who meets your needs and feels like the right fit for you.
- Talk openly with your doctor. Share any health concerns, lifestyle changes or wellness aspirations.
- Learn about prevention, use the time to discuss risk factors and ways to stay ahead of potential issues.

Take the first step toward your healthiest year yet.

To learn more about all the rewardable activities with Go365 visit:

<https://huma.na/26GroupGo365>

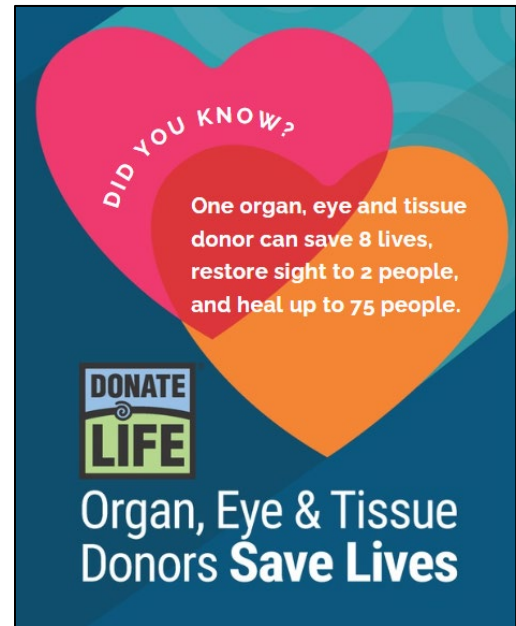
Disclaimer: Reward amounts shown represent the value of the reward, not actual dollars. Rewards have no cash value and can only be redeemed in the Go365 Mall. Rewards must be earned and redeemed within the same plan year. Any rewards not redeemed by December 31st will be forfeited.

Your Health Minute: National Donate Life Month

The need for organ, eye and tissue donation is great!

- Every 8 minutes, another person is added to the waiting list.
- Each day, 13 people die waiting for an organ transplant.
- In 2025, more than 85,900 corneal transplants helped restore sight.
- Over 2,200 children under 18 are currently waiting for a transplant.
- More than 100,000 people are waiting for lifesaving organ transplants nationwide.

The State Health Plan proudly supports the life-saving impact of organ, eye, and tissue donation. Every donation brings hope, healing, and a second chance!

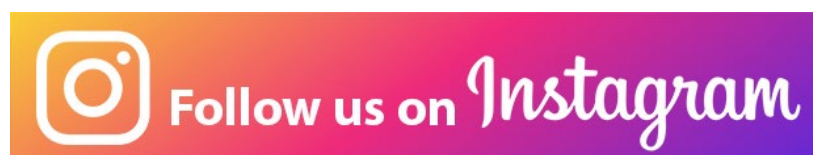


In honor of National Donate Life Month, register your decision to donate at [RegisterMe.org](https://www.registerme.org)

Cancer Prevention and Early Detection Month

Explore the State Health Plan's **Cancer Prevention Resource Center** for tools, tips, and evidence-based information to help lower your risk. You'll also find guidance on keeping up with recommended screenings and risk assessments, which play a key role in catching cancer early.

Remember: Preventive services are covered at 100% for State Health Plan members. Learn more at the Plan's [Cancer Prevention Resource Center](#).





White Bean Fajita Casserole

National Donate Life Month

GET THE RECIPE! >

LEARN MORE! >

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NCCash.gov 

Search for unclaimed cash online!

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