

# August 2025 Member Focus



## State Health Plan Board Approves 2026 Premium Rates

*(All Members)*

The State Health Plan (Plan) Board of Trustees met last week to set premiums for 2026. The approved premiums include increases for most members and a cost reduction for some members who cover children on their plan. To lessen the financial burden on the state's lowest paid active members, the Plan will be introducing salary-based premiums in 2026.

**Please note that salary- based premiums are not applicable to retired members.**

To view the Board of Trustees materials from the meeting, [click here](#).

Plan members will receive more information regarding benefits and premium rates approved today prior to the 2026 Open Enrollment period which will take place Oct. 13-31, 2025.

**Click below to view a message from Treasurer Brad Briner**



---



COMING SOON!  
**OPEN ENROLLMENT**  
for your 2026 Benefits

**October 13-October 31, 2025**

Watch for enrollment information in your mailbox later this summer.  
Visit [www.shpnc.gov](http://www.shpnc.gov) for details as they become available.

---

## Lunch & Learn Webinar: SHP 101: Food for Fuel

*(Members Enrolled in the 70/30 and 80/20 Plans & HDHP)*

The Plan is hosting free [Lunch & Learn Webinars: Food for Fuel: Get Your Energy Back](#). Do you ever ask, “Why am I so tired?” Or feel that afternoon lag? You may be surprised to learn that what you eat truly affects how you feel. Foods can energize you or leave you feeling flat. Learn which foods are energy zappers, and which will keep you going strong all day. Includes practical meal and snack ideas and tips to fight the common fatigue of life.

These lunch-time webinars will be led by Plan staff and Banner Health. Both sessions cover the same information so just choose the one that works best for your schedule. Click below to register for the session that best fits your schedule.

[Tuesday, August 26 at Noon →](#)

[Thursday, August 28 at Noon →](#)

---

## Do You Need a Bone Density Scan?

*(Humana Medicare Advantage Plan Members)*

Osteoporosis is a bone disease caused by loss of bone mass and weakening of bone tissue. It’s normal for bones to become weaker and less dense as you age. If you have osteoporosis, this happens more quickly, resulting in an increased risk of life-changing fractures.<sup>1</sup>

The National Osteoporosis Foundation recommends having a bone density test if you:<sup>2</sup>

- Are a woman age 65 or older
- Are a man age 70 or older with risk factors
- **Have a broken bone after age 50**
- Are a man age 50 – 69 with risk factors
- Are a woman of menopausal age with risk factors

- Are a postmenopausal woman under 65 with risk factors

Talk to your doctor about getting a dual-energy X-ray absorptiometry (DXA) scan, also known as a bone density scan.

### Tips to help improve bone health

According to the National Institutes of Health, there are many things you can do to help strengthen your bones, including:

- Get enough calcium and vitamin D. Low-fat dairy products, canned fish with soft bones like salmon, and dark leafy green vegetables like kale, collards and turnip greens. Vitamin D helps your body absorb calcium; get it from sunlight, eggs, fatty fish, and some fortified foods and beverages.
- Be physically active. Weight-bearing activities like walking, hiking, dancing, strength training, and tai chi may help strengthen bones and prevent falls.
- If you smoke, quit.
- Limit alcohol.

Click here to [view an informational flyer on osteoporosis](#).

**1** “Bone Health and Osteoporosis,” National Institute of Arthritis and Musculoskeletal and Skin Diseases, last accessed August 9, 2024, <https://www.niams.nih.gov/health-topics/bone-health-and-osteoporosis#c>.

**2** “Evaluation of Bone Health/Bone Density Testing,” National Osteoporosis Foundation, last accessed August 9, 2024, <https://www.bonehealthandosteoporosis.org/patients/diagnosis-information/bone-density-examtesting/>.

## Eat Smart, Move More, Weigh Less

(Members Enrolled in the 70/30 and 80/20 Plans & HDHP)

[Eat Smart, Move More, Weigh Less](#) is a 15-week weight management program delivered online in real time by a live Registered Dietitian (RDN) instructor. The program uses a robust, evidence-based curriculum surrounding nutrition, physical activity, and mindfulness. Lunchtime and evening classes are available.



\*Active State Health Plan members are eligible to **participate at no cost** with the voucher code **GNC2025**

Click here to [see class times and register](#).

Have you already completed the Eat Smart, Move More, Weigh Less program? Continue your healthy journey with [Eat Smart, Move More, Weigh Less 2](#)! Lesson topics go more in depth and include Choose Healthy Fats, Manage Stress, Control Sugar, and more.



\*Active State Health Plan members are eligible to **participate at no cost** with the code **GNC22025**.

Click here to [see class times and register](#).

\*Retirees covered by Humana or Medicare are not eligible for the discount. You will be asked to enter your Aetna subscriber ID# and a claim will be filed for your participation in the program.





Connect with us on **facebook**



Follow us on *Instagram*



Black Bean &  
Pepper Jack Quiche

**GET THE RECIPE! >**



Tips for  
Healthy Aging

**LEARN MORE! >**



**FINANCE FRIDAYS**

Subscribe to the Department of State Treasurer's monthly newsletter.

CLICK HERE TO  
**SIGN UP**

NORTH CAROLINA  
DEPARTMENT OF STATE TREASURER

BRADFORD B. BRINER  
STATE TREASURER OF NORTH CAROLINA



Eligibility and Enrollment Questions: 855-859-0966

For questions on this newsletter, e-mail: [shpmemberinquiries@nctreasurer.com](mailto:shpmemberinquiries@nctreasurer.com)