



Get Ready for Open Enrollment!

(All Members)

2027 Open Enrollment information is now available on the Plan's [website](#) including upcoming events, which start in October. To find the complete event schedule and to register for a webinar or in-person event, visit the State Health Plan's [Upcoming Events page](#).



Eat Smart, Move More, Prevent Diabetes classes begin the week of September 13th

(Active and Non-Medicare Members)

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 members have been diagnosed with prediabetes or are at risk of developing type 2 diabetes, this program is for them! They CAN prevent type 2 diabetes.**



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 or dependents over the age of 18 who are *currently enrolled* in the NC 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.

Eligible members please use coupon/voucher code* - SHP2026

**Medicare-eligible retirees are not eligible for the discounted rate.*

[Click Here to See if You Are Eligible](#)

For questions, please contact esmmpreventdiabetes@ncsu.edu

Tips from the State Health Plan's Pharmacist

(All Members)

Generic Medications

Did you know that generic medications are copies of brand-name medications, are bioequivalent to, and provide the same clinical benefit?

Bioequivalence means the generic medication is approved by the Food and Drug Administration (FDA) to have the same quality, safety and strength as the brand-name medication. This ensures that the generic medication will be absorbed by your body the same way and will deliver the same medical results.

In most situations, generic medications will have a Tier 1 copay. If you have a brand name medication with a higher cost (Tier 2 or Tier 3) we recommend you speak with your Doctor or Pharmacist about finding a generic medication which may be right for you.

Get Your Bone Density Scan and Earn a \$20 Go365 Reward!

(Humana Medicare Advantage Members)

Osteoporosis is often called a “silent disease” because it frequently develops without symptoms. Regular screening can help identify bone loss early and reduce the risk of fractures.

Talk to your healthcare provider about getting a Dual-Energy X-ray Absorptiometry (DXA) scan, also known as a bone density scan. This quick, safe, and painless test measures the density of your spine, hip, or total body bones to determine their strength and identify signs of osteoporosis.

What Is Osteoporosis?

Osteoporosis is a bone disease caused by loss of bone mass and weakening of bone tissue. As people age, bones naturally become less dense; however, osteoporosis accelerates this process, making bones fragile and increasing the risk of serious, life-changing fractures. Talk to your healthcare provider to determine whether you should be screened and how often testing is appropriate for you.

Who Should Have a Bone Density Test?

The National Osteoporosis Foundation recommends a bone density test if you:

- Are a woman age 65 or older
- Are a man age 70 or older
- Have broken a 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 age 65 with risk factors

Go365 Rewards

Earn \$20 annually in Go365 rewards for completing a bone density screening. If you have a MyHumana account, you can use the same information to log in to Go365.com. If not, activate your profile at MyHumana.com. Once you log in to

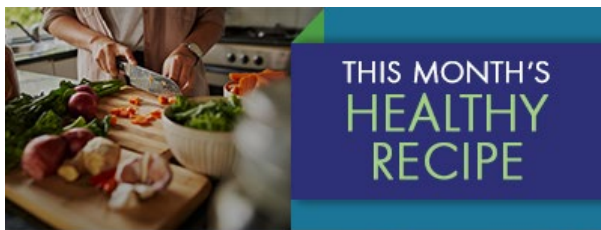
Go365, you'll see eligible activities you can complete to earn rewards. Once you've earned at least \$10 in rewards, choose your gift cards in the Go365 Mall. Your reward will show up automatically in your Go365 account if billed through your Humana medical or pharmacy plan. This can take up to 90 days.



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Zucchini, Corn, Tomato
and Chicken Bake

GET THE RECIPE! >



Tips for
Healthy Aging

LEARN MORE! >



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

