

# MEMBER FOCUS

Keeping you up-to-date on your  
State Health Plan benefits!



[www.SHPNC.gov](http://www.SHPNC.gov)

## January Premiums

(All Plan Members)

Just a reminder that premiums for January will be deducted from December paychecks or pensions. Members should review their statements to ensure the correct deductions are reflected.

## Reminder - New ID Cards for 2026

(All Plan Members)

2026 Aetna ID cards and Humana ID cards (one for Medical and one for Prescription Plans) are being sent out now, with all mailings to be completed prior to the Christmas holiday. Members should begin using these new cards starting January 1, 2026, for all medical and pharmacy services.

### Aetna

 <p><b>North Carolina State Health Plan</b> FOR TEACHERS AND STATE EMPLOYEES A Division of the Department of State Treasurer</p> <p><b>JANE DOE</b> <b>ID: MMR8WNPBKQKC</b></p> <p>DEPT OF NATURAL &amp; CULTURAL RESOURCES Group No: 0192681      Eff Date: 01/01/2026</p> <p><b>Plus PPO Plan</b> <b>Choice POS II</b></p> <p>RXBIN: RXPCN: RXGRP: 004336 ADV RX0274 SELF INSURED</p> <p><small>Paid for by YOU and other NC Taxpayers</small></p>		<p><b>Provider Type</b></p> <table> <tr><td>Selected Pref PCP</td><td>\$10</td></tr> <tr><td>Selected Other PCP</td><td>\$30</td></tr> <tr><td>Non-Selected PCP</td><td>\$40</td></tr> <tr><td>Preferred Specialist</td><td>\$40</td></tr> <tr><td>Other Specialist</td><td>\$80</td></tr> <tr><td>Urgent Care</td><td>\$70</td></tr> <tr><td>Hosp/ER</td><td>\$500+Ded+20%</td></tr> </table> <p><b>Other Info</b></p> <table> <tr><td>INN</td><td>OON</td></tr> <tr><td>Ind Deductible</td><td>\$ 1,500</td></tr> <tr><td>Ind OOP Max</td><td>\$ 5,000</td></tr> <tr><td>Family Deductible</td><td>\$ 4,500</td></tr> <tr><td>Family OOP Max</td><td>\$15,000</td></tr> <tr><td></td><td>\$30,000</td></tr> </table> <p><b>Primary Care Provider (PCP)</b> Maria V Delbono <b>VA Preferred</b>      <b>NAP</b></p>	Selected Pref PCP	\$10	Selected Other PCP	\$30	Non-Selected PCP	\$40	Preferred Specialist	\$40	Other Specialist	\$80	Urgent Care	\$70	Hosp/ER	\$500+Ded+20%	INN	OON	Ind Deductible	\$ 1,500	Ind OOP Max	\$ 5,000	Family Deductible	\$ 4,500	Family OOP Max	\$15,000		\$30,000
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Third Party Administrator:	Pharmacy Benefits Administrator:
	
Benefits & Claims Number	1-833-690-1037
Eligibility & Enrollment	1-855-859-0966
Behavioral Health	1-800-424-4047
Provider Relations/Precert	1-888-632-3862
24-Hour Nurse Line	1-800-556-1555
Pharmacy Help Desk	1-800-364-6331
CVS Caremark	1-888-321-3124
Lantern \$0 Surgery	1-833-916-3826
Aetna Life Insurance Company	Payer No: 60054 0155
Submit Claims To: PO Box 14079	<a href="http://www.SHPNC.gov">www.SHPNC.gov</a>
Lexington, KY 40512-4079	
<small>Aetna provides administrative services only for the self funded plan, and assumes no financial risk for claims. Claims may be subject to review. Members are responsible for obtaining the prior review/cert for professional and/or outpatient services for non-participating providers.</small>	

### Humana Base Plan (Medical)

**Humana**

**HUMANA MEDICARE (GROUP PPO)**

A Medicare Health Plan

CARD ISSUED: MM/DD/YYYY

**MEMBER NAME**  
**Member ID: HXXXXXXXXX**

Plan (80840) 9140461101

BASE PLAN (MEDICAL)

Part B BIN: 610649

Part B PCN: 03200004

Group: XXXXX



**Copayments**  
OFFICE VISIT: \$XX  
SPECIALIST: \$XX  
HOSPITAL EMERGENCY: \$XX

CMS XXXXX XXX



Member/Provider Services: 888-700-2263 (TTY:711)

Claims, PO Box 14601, Lexington, KY 40512-4601  
Medicare limiting charges apply  
Please visit us at [your.humana.com/ncshp](http://your.humana.com/ncshp)

Additional Benefits: DENXXX VISXXX HERXXX

## Humana Base Plan (Prescription)



### HUMANA MEDICARE (GROUP PDP)

Prescription Drug Plan

RxBIN: 015581

RxPCN: 03200000

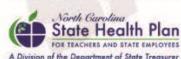
RxGRP: XXXXX

Plan (80840) 9140461101

**Member ID: HXXXXXXX**

**MEMBER NAME**

BASE PLAN (PRESCRIPTION)



CARD ISSUED: MM/DD/YYYY



**Customer Care:**

**888-700-2263 (TTY:711)**

Pharmacist/Physician Rx Inquiries:

800-865-8715

Mail Delivery Pharmacy:

844-467-9511

**Submit Rx Claims only to:**

Humana Claims, PO Box 14140, Lexington, KY 40512-4140

See pharmacy and drug list at [your.humana.com/ncshp](http://your.humana.com/ncshp)

## 2026 Humana Member Engagement Activities

(Humana Medicare Advantage Plan Members)

Make 2026 the best year yet! **Join Humana online** for events that can help you make the most of your State Health Plan Humana Medicare Advantage Plan. Events are offered through the State Health Plan's Humana Group Medicare Advantage PPO and Prescription Drug plans at no extra cost to you.

### Bringing Humana to You (BH2U) Online Sessions

These seminars are for our new members as well as current members who may want a refresher on everything their healthcare plan has to offer. Topics include an overview of the plan benefits, SilverSneakers® and the Go365 by Humana® rewards program, and resources and tools available through [your.humana.com/ncshp](http://your.humana.com/ncshp).

#### Plan Overview 2026 Webinar Dates:

Tuesday, January 27	2 p.m.
Tuesday, February 10	2 p.m.
Tuesday, March 10	10 a.m.
Tuesday, April 7	10 a.m.
Tuesday, May 12	2 p.m.
Tuesday, June 9	10 a.m.
Tuesday, July 14	2 p.m.
Tuesday, August 11	10 a.m.

#### Go365 Overview 2026 Webinar Dates:

Tuesday, January 13	10 a.m.
Tuesday, April 7	2 p.m.
Tuesday, July 14	10 a.m.

You can register online for the Bringing Humana to You (BH2U) and The Go365 webinars at [your.humana.com/ncshp](http://your.humana.com/ncshp).



*(Members Enrolled in the Standard PPO and Plus PPO Plans & HDHP)*

**Start your New Year strong!**

**Enroll at no cost to you! Classes begin the week of January 4<sup>th</sup>.**

**Eat Smart, Move More, Weigh Less** is a 15-week online weight management program that informs, empowers, and motivates participants to live mindfully as they make choices about healthy eating and physical activity. Classes are held ONLINE with a live Registered Dietitian Nutritionist (RDN) instructor.

**-- NEW lessons added on Sleep, Stress, and Added Sugars. --**

The program cost is typically \$260; however, it is **FREE for active members of the NC State Health Plan** (*retirees covered by Humana or Medicare are not eligible for the discount*).

Eligible members please use coupon/voucher code\* - **GNC2026**

**Click HERE to see class times and register →**

For questions, please contact us at [administrator@esmmweighless.com](mailto:administrator@esmmweighless.com)

*\*Each weekly session is covered at 100% as a telehealth group nutritional counseling visit. NC State Health Plan members can participate at no cost. Enter voucher code GNC2026 when registering. You will be asked to enter your Aetna ID#, and a claim will be filed for your participation. Aetna must be your primary insurance provider.*

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**Have you already completed the ESMMWL program and would like to continue your healthy journey?  
Enroll in ESMMWL2!**



**Enroll at no cost to you!  
Classes begin the week of January 25<sup>th</sup>.**

**[Eat Smart, Move More, Weigh Less 2](#)** builds on strategies covered during Eat Smart, Move More, Weigh Less. Participants who successfully completed Eat Smart, Move More Weigh Less are invited to register for this 12-week program. **Eat Smart, Move More, Weigh Less 2** consists of 12 classes that meet every week **ONLINE** with a live instructor.

The program cost is typically \$260; however, it is **FREE for active members of the NC State Health Plan** (*retirees covered by Humana or Medicare are not eligible for the discount*).

Eligible members please use coupon/voucher code\* - **GNC22026**

[\*\*Click HERE to see class times and register.\*\*](#)

\*Each weekly session is covered at 100% as a telehealth group nutritional counseling visit. NC State Health Plan members can participate at no cost. Enter voucher code GNC22026 when registering. You will be asked to enter your Aetna ID#, and a claim will be filed for your participation. Aetna must be your primary insurance provider.

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## **Subrogation: Third-Party Liability and You**

*(Active and Non-Medicare Members)*

Have you recently been involved in a car accident, medical malpractice case, product defect incident, or some other event that resulted in an injury? In certain circumstances, this may lead to subrogation by the State Health Plan (Plan).

When you receive medical treatment because of an injury or illness, the Plan pays the insurance claims for that care. If the need for treatment was caused by someone else's action or negligence, this is known as third-party liability. So that funds are reserved for our members' medical claims, the Plan protects its funds by the process of subrogation to recover treatment costs that should have been paid by another party. The Plan will seek reimbursement for medical and pharmacy expenditures if another party is liable for an injury incident, such as medical malpractice, workers' compensation, slip and falls, product liability cases, or motor vehicle accidents.

The Plan has a legal right to recover paid claims that are the responsibility of a third party. You or your attorney should *immediately* notify the Plan if another party is involved in your accident or caused your injury or illness.

Please note: If a liable third party pays YOU directly for damages and the Plan is not informed, then YOU may be responsible for reimbursing the Plan. You can prevent this situation by contacting the Plan's subrogation contractor, The Rawlings Company, LLC ("Rawlings"). Call Rawlings with any questions toll free at 1-855-967-6614. You or your duly authorized representative can also send an email to [NCStatemanualreferrals@rawlingscompany.com](mailto:NCStatemanualreferrals@rawlingscompany.com) for a subrogation request. For details, visit the State Health Plan [website](#). Click on Employee Benefits and scroll down to find "[Subrogation and Recovery](#)."

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## **Your Health Minute: Maintain, Don't Gain for the Holidays**

*(All Plan Members)*

'Tis the season for family, festivity, and food—lots of food! The holidays are a wonderful time to celebrate, but they can also make it easy to overindulge. Instead of focusing on weight loss, aim to maintain your weight and stay balanced. Here are some helpful tips from the Centers for Disease Control and Prevention (CDC) to help you stay on track:

- **Holiday-Proof Your Plan** – You can't control what foods you will be served at a holiday gathering (unless you're doing the serving!), so plan ahead. If you will be eating at a different time than usual, have a snack to keep your blood sugar steady. Avoid skipping meals to save up for a feast because you will likely overeat later. Bring a nutritious dish if you can, and if you slip up, simply get back on track with your next meal.
- **Outsmart the Buffet** – When you face a spread of delicious holiday food, make healthy choices easier. Fill at least half your plate with vegetables, leaving less room for unhealthy food. Eat slowly, it takes at least 20 minutes for your brain to realize you're full. Don't forget to drink plenty of water.
- **No Food is Off-Limits** – Enjoy the special holiday dishes you love, just keep portions small and savor them mindfully.
- **Keep Moving** – Physical activity is your secret holiday weapon. It helps balance extra calories and reduces stress. Spread movement throughout the day and make it fun with family and friends.
- **Support Loved Ones with Diabetes** – If you're hosting, offer both traditional favorites and healthier alternatives. Serve sauces, dressings, and toppings on the side so guests can customize.

Above all, remember the holidays are about connection and celebration. When you focus on fun and togetherness, food becomes just one part of the joy. For more tips, visit the [CDC website](#).

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THIS MONTH'S  
HEALTHY  
RECIPE



Garlic-Miso  
Chicken Soup

**GET THE RECIPE! >**



THIS MONTH'S  
WELLNESS  
TIP



Maintain, Don't Gain  
for the Holidays

**LEARN MORE! >**

FINANCE FRIDAYS

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

CLICK HERE TO  
**SIGN UP**

NORTH CAROLINA STATE TREASURER BRADFORD B. BRINER

A formal portrait of Bradford B. Briner, a man with short hair, wearing a dark suit, white shirt, and a red patterned tie, smiling at the camera.

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

