

MEMBER FOCUS



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

www.SHPNC.gov

NEW State Health Plan Benefit!

Eat Smart, Move More, Prevent Diabetes

(Members Enrolled in the Standard PPO, Plus PPO and the 70/30 Plans)

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!



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.

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.

Members who have prediabetes or those who are at risk of developing type 2 diabetes, can now participate in 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.

Start your journey with virtual classes beginning March 1st! [Click here to check your eligibility](#) and to register with the voucher code **SHP2026**.

You CAN prevent type 2 diabetes. Enroll today!

Enroll today! →

Pre-65 Webinars for Prospective Retirees

(All Members)



The State Health Plan’s **“Understanding Your Medical Plan Options When You Become Medicare-Eligible”** series has started!

These free webinars are 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.

Upcoming webinars are **February 17, March 5, March 19 and March 31**. These events fill quickly, so register soon!

[Click here to register! →](#)

Eat Smart, Move More, Weigh Less Information Webinars

(Active Plan Members)

Come 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 you 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 Plan members**. Visit [the Plan's website](#) to learn more about the program.

This 30-minute informational webinar will introduce the program and provide details on how to participate.

Both sessions cover the same information so you can choose the one that works best for your schedule.

To register online:



Tuesday, March 24 at 12:00pm →

Wednesday, March 25 at 12:00pm →

Learn About Statins and Talk to Your Doctor

(Humana Medicare Advantage Members)

At Humana, we believe that good health often starts with a conversation. If you have a history of heart disease, diabetes, high blood sugar or other risk factors, you may benefit from a statin medication. Statins can help lower your cholesterol and triglycerides (blood fats) and raise your good cholesterol (HDL) levels.¹

Taking statins usually depends on your heart health and other risk factors. Bring this checklist with you to your next doctor's appointment. *Do you have any of these risk factors?*

- **Heart disease** refers to different types of heart conditions. Symptoms of heart disease may include heart attack, stroke, arrhythmia and heart valve problems.²
- **Diabetes** is a chronic condition that occurs when your blood glucose, also called blood sugar, is too high.^{3,4}
- **High blood pressure**, also called hypertension, means the force of your blood pushing against the walls of your blood vessels is consistently too high. Over time, this can damage the heart and blood vessels.²
- **High cholesterol** could lead to atherosclerosis, which is when fatty deposits coiled plaque build-up in your arteries. When plaque builds up, it could cause heart disease.^{2,5}
- **Smoking** is a major cause of cardiovascular disease. Cigarette smoke can cause blood vessels to become swollen and inflamed.²

Talk to your doctor about whether adding a statin may be right for you. Your Humana pharmacy benefit makes it easier to stay on track with your medications:

- Auto Refill Programs
- You can receive a 90-day supply of most medications that can save you money versus filling a 30-day supply prescription.

- Access to convenient home delivery options through CenterWell Pharmacy.

To learn more visit **CenterWellPharmacy.com**. You may sign in with your Humana member ID number. You can also call 800-379-0092 (TTY: 711), Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m. ET

Sources:

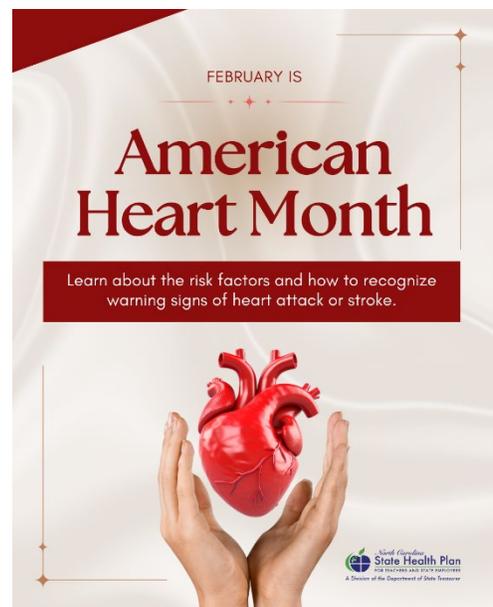
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Your Health Minute

(All Members)

This month brings both Valentine’s Day and **American Heart Month** - a powerful reminder to take care of the organ that keeps us going. Heart disease refers to several types of heart conditions, including coronary artery disease and heart attacks.

Heart disease is the leading cause of death in the United States for both men and women. Cardiovascular disease, which also includes stroke, is the No. 1 killer of women. Nearly half of women ages 20 and older are affected, yet many remain unaware of this significant health threat.



Key risk factors for heart disease include **high blood pressure, high cholesterol, and smoking** - approximately half of Americans have at least one of these. Other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, such as:

- Diabetes
- Being overweight or obese
- Unhealthy eating habits
- Physical inactivity
- Excessive alcohol use

The good news is that many heart-related conditions are preventable. Learning about risk factors, recognizing early signs of heart attack or stroke, and making healthy lifestyle choices can have a powerful impact on long-term heart health. [Learn more at the CDC.](#)

We encourage you to explore the State Health Plan’s [Wellness Resources](#) to learn more and stay proactive in your health!



THIS MONTH'S
HEALTHY
RECIPE



THIS MONTH'S
WELLNESS
TIP



Avocado and
Chickpea Salad

GET THE RECIPE! >



American
Heart Month

LEARN MORE! >

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