

July 2025 Member Focus



We've Moved to a .GOV Website!



(All Members)

The State Health Plan's official website has moved from www.shpnc.org to www.shpnc.gov.

Same trusted, reliable information just added security with a .gov domain. **Please update your bookmarks!**

Understanding Your Medical Plan Options When You Become Medicare-Eligible Webinar Series: Only Three Remaining for 2025!

(All Members)

The State Health Plan's **Understanding Your Medical Plan Options When You Become Medicare-Eligible** series is wrapping up for the 2025 benefit year. These popular, 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.



If you haven't already, register soon, as these events fill quickly! The remaining 2025 webinars are scheduled for **July 23, August 5** and **August 21**.

[Click here to register →](#)

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 for details as they become available.



Reminder: Keep Your Contact Information Current!

(All Members)

Keeping your information current allows us to provide you with important updates on benefits, news, and upcoming events—including Open Enrollment. It's easy to stay informed. Here is a handy checklist:

- Ensure your mailing address, email, and phone number are correct in eBenefits, the Plan's enrollment system. You can access eBenefits on the Plan's website at www.shpnc.gov.
- Make sure your employer has your correct address, as well. If you're a retiree, your personal information needs to be current in ORBIT and eBenefits as the two systems do not coordinate.
- Sign up for the Plan's monthly e-newsletter, Member Focus, at www.shpnc.gov/MemberFocus.
- Follow the State Health Plan on [Facebook](#) and [Instagram](#)!

Make Time for a Preventive Mammogram

(Humana Medicare Advantage Plan Members)

According to the American Cancer Society, early detection may mean less aggressive treatment and a more successful outcome.¹ Even if you don't think you need a mammogram, it's still important to get yours. Preventive mammograms are the best way to detect breast cancer early, when it is easier to treat. That is why regular screenings are so important. There is a **1 in 8 chance** of a woman in the United States developing breast cancer in her lifetime.² And about 85% of breast cancers occur in women who have no family history of breast cancer.³ The good news: survival rates are on the rise, due to **regular screenings** and early detection.⁴ Many women with breast cancer have no symptoms.⁵

Your breast cancer screening is available at no added cost through your Humana plan, and you could earn **Go365 rewards** for completing one.

1. <https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

2. <https://www.cancer.org/cancer/types/breast-cancer/about/how-common-is-breast-cancer.html>

3. <https://www.breastcancer.org/facts-statistics>

4. <https://www.cdc.gov/united-states-cancer-statistics/publications/breast-cancer-stat-bite.html>

5. <https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection.html>

Your Health Minute: Summer's Here, Stay Healthy and Sun-Safe on Vacation!

(All Members)

Planning a getaway? Make sure you and your family stay healthy by preparing ahead. Hydrate often, eat well, stay active, and most importantly, practice [sun safety](#). Here's how:



- **Seek Shade:** Reduce your risk of sun damage and skin cancer by staying under an umbrella, tree, or shelter, especially during peak sun hours.
- **Cover Up:** When possible, wear long-sleeved shirts and long pants or skirts. If that's not practical, opt for a lightweight T-shirt or beach cover-up.
- **Wear a Wide-Brimmed Hat:** Choose one that shades your face, ears, and the back of your neck for maximum protection.
- **Protect Your Eyes:** Sunglasses that block UV rays help prevent cataracts and shield the delicate skin around your eyes.
- **Use Sunscreen:** Apply a broad-spectrum [sunscreen](#) with SPF 15 or higher. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options!

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Cucumber-Chicken
Green Goddess Wrap

GET THE RECIPE! >



Practice
Sun Safety

LEARN MORE! >



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Eligibility and Enrollment Questions: 855-859-0966

For questions on this newsletter, e-mail: shpmemberinquiries@nctreasurer.com