



Keep Your Contact Information Updated!

(All Members)

This is a friendly reminder to make sure that the State Health Plan has your correct contact information. Keeping your information current allows us to provide you with important updates on benefits, news, and upcoming events, such as Open Enrollment.

Staying informed is quick and easy, 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.
- Follow the State Health Plan on [Facebook](#) and [Instagram](#)!

Open Enrollment for your 2027 benefits will be held Oct. 12 - Oct. 30, 2026. It's imperative that members stay engaged and read the information that will be sent in the coming months regarding your benefits.

2027 member premium rates and other benefit changes will be voted on by the State Health Plan Board of Trustees in July.

Eat Smart, Move More, Prevent Diabetes Classes Begin Aug 9th

(Active and Non-Medicare Members enrolled in the Standard & Plus 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 is for you! You 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 and dependents over the age of 18 who are *currently enrolled* in the 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.



Pre-65 Webinar Recording for Prospective Retirees

(All Members)

Have you missed out on a recent ***Understanding Your Medical Plan Options When You Become Medicare-Eligible*** webinar? These webinars are designed for active members who will soon be 65, are already 65 or older, and retirees getting ready to turn 65. Each webinar lasts approximately 2 hours and will explain important information regarding Medicare, retirement health benefit options and offer the opportunity to ask questions.

There will be no webinars in June; however, there is an online recording of the webinar that is available at any time; making it super convenient to get the information you need. No registration is needed.

[Click here to view the Pre-65 Recorded Webinar →](#)



Hey Teachers—We Need You! Become an Ambassador Today!

Join the State Health Plan as a Teacher Ambassador and help us share important benefit information with your co-workers! [Click to read Treasurer Briner's announcement.](#)

WHAT YOU'LL DO AS A TEACHER AMBASSADOR

- Share important State Health Plan updates with your school community about benefit updates, new programs, and wellness opportunities

WHAT YOU'LL RECEIVE

- Exclusive email updates for Teacher Ambassadors
- Invitations to special webinars designed to keep you informed
- Resources to help you support your colleagues with confidence

[Sign up to become an Ambassador by clicking here →](#)

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 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, Machinify (formerly Rawlings). Call Machinify with any questions toll free at 1-855-967-6614. You or your duly authorized representative can also send an email to NCStatemanualreferrals@machinify.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](#)."

How to Earn Rewards with Go365 by Humana

(Humana Medicare Advantage Members)

It's part of your Humana Medicare Advantage plan

Taking care of your health can be rewarding

Go365 by Humana® makes wellness fun and easy. We can help you reach your physical and emotional health goals. Track your activity and redeem rewards:

- By going online at [Go365.com](https://www.go365.com)
- By filling out and mailing in paper forms

Earn rewards you can redeem for gift cards

More healthy activities = more gift cards for you

Complete eligible healthy activities like walking or getting your Annual Wellness Visit to earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards in the Go365 Mall.

Activate your Go365 Profile

Now it's time to get going with Go365

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, and details on how to track your actions.

To learn more about Go365 you can register for our upcoming Go365 Resource Spotlight Online Session at <https://your.humana.com/ncshp>.

Your Health Minute: June is Men's Health Month!

(All Plan Members)

The body is powerful, but it needs consistent care to stay that way. Too many men skip the basics, and this month is the perfect time to change that. Bodies are built to last, and the choices made help determine how strong it stays.

Here are some easy steps:

- Schedule Regular Checkups
- Speak Up About Mental Health
- Kick Harmful Habits – Reduce Smoking Tobacco and Vaping, and Alcohol
- Get Regular Exercise
- Fuel up with Healthy Foods
- Get 7-9 Hours of Sleep each Night
- Stay Connected with Friends, Family and Mentors
- Pain, Fatigue, and Changes in Health - Listen to Warning Signals

Remember preventive care services are covered at 100% for Plan members!
Learn more at www.shpnc.gov/wellness/preventive-care.

2027 OPEN ENROLLMENT



October 12-30, 2026



Connect with us on **facebook**



Follow us on **Instagram**



Tomato, Cucumber
and White Bean Salad

GET THE RECIPE! >



Men's Health
Resources

LEARN MORE! >



Eligibility and Enrollment Questions: 855-859-0966

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

