



## Spring Into Health with Eat Smart Move More Weigh Less - Classes begin the week of April 20<sup>th</sup>

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

[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. Online classes are held online with a live Registered Dietitian Nutritionist (RDN) instructor.



The program cost is typically \$260; however, it is **FREE** for active employees, non-Medicare retirees or dependents over the age of 18 who are currently enrolled in the NC State Health Plan. Visit [the Plan's website](#) to learn more about the program.

Eligible members\* need to use the coupon/voucher code **GNC2026** when registering.

[See Class Times and Register Now →](#)

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. 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. Medicare Primary members are not eligible.*

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## Eat Smart, Move More, Weigh Less Informational Webinars

Join State Health Plan representatives for an upcoming 30-minute lunch-time informational webinar that will introduce the program and provide details on how to participate. Both sessions cover the same information so just choose the one that works best for your schedule. Register online at the links below:

Tuesday, March 24 at 12:00pm →

Wednesday, March 25 at 12:00pm →

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## Primary Care Provider (PCP) Selection

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

If you haven't chosen a Primary Care Provider (PCP) to appear on your ID card, now is the perfect time to do so. Having a PCP helps you get the most value from your State Health Plan benefits.



# Preferred Provider

In 2026, the Plan introduced **Preferred Providers**. These *independent primary care providers* have been identified by the Plan as providers who are committed to improved access to high-quality, affordable health care. When you select and visit a preferred provider with the State Health Plan, you'll receive:

- ✓ **Lower copays**
- ✓ **Lower out-of-pocket costs**
- ✓ **Access to high-quality providers**

	STANDARD PPO Plan	PLUS PPO Plan
PCP Office Visit	\$15 Preferred Provider PCP on ID Card \$40 Other PCP on ID Card \$50 Other PCP	\$10 Preferred Provider PCP on ID Card \$30 Other PCP on ID Card \$40 Other PCP
Specialist Visit	\$50 Preferred Provider \$94 Other Provider	\$40 Preferred Provider \$80 Other Provider

**Step-by-step instructions** to update your Primary Care Provider (PCP), including how to select a Preferred Provider is available on the Plan’s [Find A Doctor](#) page.

*Once you select a Primary Care Provider a new ID card will be generated and mailed to you with 7-10 business days. As a reminder, you can change your PCP anytime.*

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## Pre-65 Webinars for Prospective Retirees

*(All Members)*

The State Health Plan’s **“Understanding Your Medical Plan Options When You Become Medicare-Eligible”** series continues and is offered a couple of times each month throughout the year!

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 **March 19 and March 31**. These events fill quickly, so register soon!

[Click here to register! →](#)

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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 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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## Managing Diabetes? See Your Healthcare Provider Regularly

*(Humana Medicare Advantage Members)*

When you have diabetes, you should see your healthcare provider regularly—even if you are feeling well. The buildup of glucose in the blood damages the lining of the blood vessels, causing narrowing of the vessels from plaque (fatty material), so blood doesn't move as freely. Over time, elevated blood sugars can cause damage to the kidneys, eyes, heart, and more.

If you have been prescribed medications to support your diabetes, make sure to follow your doctor's recommendations. Diabetes can increase the likelihood of a heart attack or stroke, even if you don't have high cholesterol. Statins may reduce your risk of heart attack and stroke when used as directed.

## Your diabetes checklist for provider visits

### At every visit:

- Weight
- Blood pressure
- Foot exam

### Every 3 – 6 months:

- HbA1c blood test

### At least once a year:

- Cholesterol profile test
- Kidney test (blood eGFR)
- Kidney test (urine uACR)
- Complete foot exam
- Retinal or dilated eye exam
- Dental exam
- Flu shot

Your health plan rewards you with Go365 rewards for completing your diabetic screening bundle: HbA1c, diabetic eye exam, kidney urine test, and kidney blood test. To redeem rewards for gift cards you must log into your Go365 account and select the gift cards. Members must be diagnosed with diabetes in order to be rewarded for these screenings.

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## Your Health Minute: Colorectal Cancer: Catch it early. Lower Your Risk

*(All Plan Members)*



# Colorectal Cancer Screening



Highly preventable and treatable when found early, Colorectal Cancer remains the second leading cause of cancer deaths in the U.S.

Screening matters. A colonoscopy is the gold standard, and early detection is key! If you're 45 or older, talk with your provider about the best screening method for you.

Preventive care is covered at 100% for State Health Plan members. Learn more at the Plan's [Cancer Prevention Resource Center](#).



Cider-Glazed  
Salmon

[GET THE RECIPE!](#) >



Colorectal Cancer  
Awareness

[LEARN MORE!](#) >



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Eligibility and Enrollment Questions: 855-859-0966  
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