

May 2025 Member Focus



24-Hour Nurse Line

(70/30 and 80/20 Plans & HDHP Members)

Talk to a nurse anytime, anywhere. With the Aetna® 24-Hour Nurse Line, you can speak to a registered nurse about a variety of health issues — whenever you need to.

- Get information on a wide range of health topics.
- Find out more about a medical test or procedure.
- Get help preparing for a doctor's visit.

Save time, money, and maybe even a trip to the ER. You can call as many times as you need — at no extra cost. Your covered family members can use it, too.

Call **1-800-556-1555 (TTY: 711)** or log in to your Aetna member portal - visit www.shpnc.org log in to eBenefits and click Aetna member portal under Quick Links for easy access to all your health tools.

Webinars for Future Retirees

(All Members)

The State Health Plan's 2025 **“Understanding Your Medical Plan Options When You Become Medicare-Eligible”** series continues! 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! Upcoming webinars are scheduled for **May 29, June 10, and June 26**. Webinars are also scheduled through August.



[Click here to register →](#)

Bringing Humana to You (BH2U) In-Person and Online Sessions

(Humana Medicare Advantage Plan Members)

These seminars are for retirees who may want a refresher on everything their Humana Medicare Advantage 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 our North Carolina State Health Plan custom website.

BH2U In-person Session:

The in-person informational class details are as follows:

June 3, 2025, at 10:00 AM EST at Greensboro CenterWell location

2703 W. Gate City Blvd., Suite J, Greensboro, NC 27403. **To register, call 800-308-9964.**

BH2U Online Sessions:

Plan Overview webinar details are as follows:

Tuesday, June 10, 2025, 10:00 AM EST

Tuesday, July 15, 2025, 2:00 PM EST

Tuesday, August 12, 2025, 10:00 AM EST

Go365 by Humana

Go365 overview webinar details are as follows:

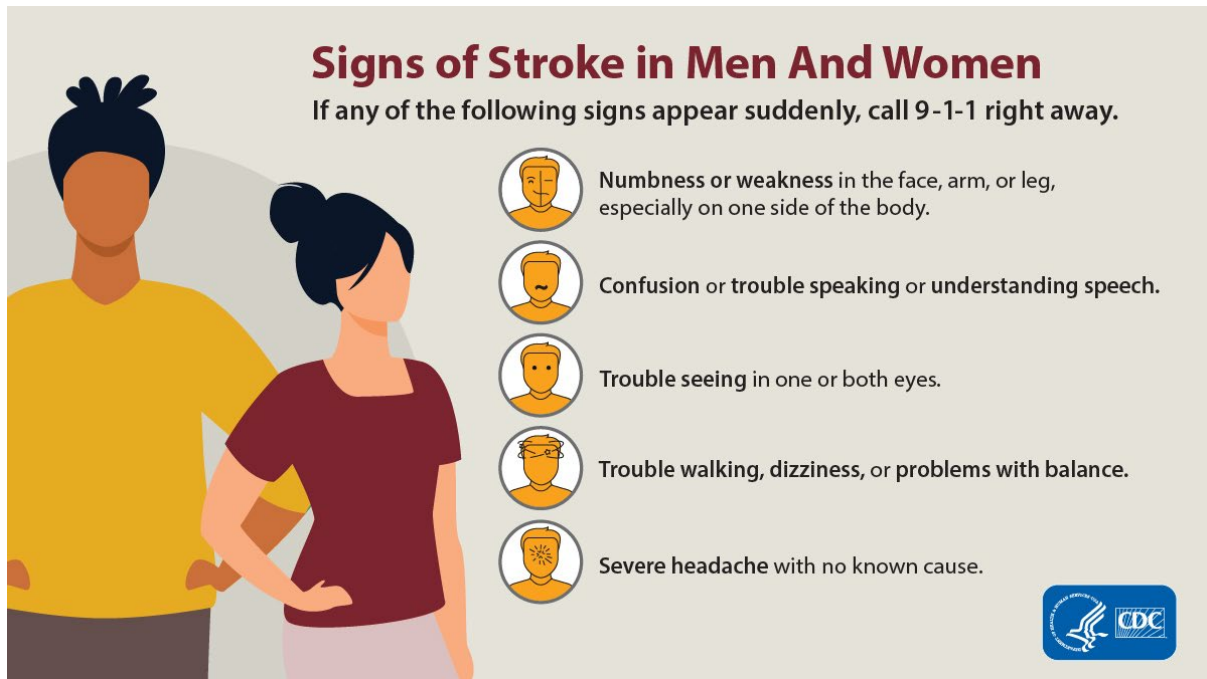
Tuesday, July 22, 2025, 10:00 AM EST

[Register here](#) for any of the above **Plan Overview** or **Go365 Overview webinar events**. Click on the “**Register for**” link associated with the date you would like to attend and complete the registration form. If you need further assistance registering, you can email Humanawebinar3@humana.com.

[Click here to register →](#)

Your Health Minute: Lower Your Risk for Stroke!

(All Plan Members)



Ready to act F.A.S.T.? May is National Stroke Awareness Month, the perfect time to learn how to lower your risk for stroke, or what to do if a stroke occurs.

A stroke happens when blood supply to part of the brain becomes blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.

To lower your risk for stroke, learn the **ABCs** of stroke prevention:

- **A**spirin: Aspirin may help lower your risk for stroke.
- **B**lood Pressure: Control your blood pressure.
- **C**holesterol: Control your cholesterol.
- **S**moking: Quit smoking, or don't start!

If you think someone may be having a stroke, act **F.A.S.T.** and do this simple test:

- **F—Face:** Ask the person to smile. Does one side of the face droop?
- **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T—Time:** If you see any of these signs, call 9-1-1 right away.

To learn more about strokes and their treatment, visit the Centers for Disease Control and Prevention [website](#).

Women's Health Month!

(All Plan Members)

May is also Women's Health Month. Let's take a moment to show love and appreciation to all the incredible women in our lives. This is the perfect time to think about how we can take care of ourselves and inspire others to do the same. Here are some tips:

- **Own Your Health Journey:** Advocate for care. Be ready for doctor's visits by listing concerns and questions in advance to ensure your voice is heard.
- **Stay Smart About Sexual Health:** Prioritize open conversations about safety, respect, consent, and healthy relationships. Practice safe methods. Don't skip routine STI testing—it's quick, easy, and super important.
- **Shine a Light on Maternal Mental Health:** 1 in 5 women experience perinatal mood and anxiety. If you or someone you know is struggling, help is always just a call away—1-833-TLC-MAMA.
- **Shatter the Stigma:** Normalize conversations about menstruation, fertility, and breastfeeding. Ask questions, learn, and share what you know to make informed decisions.
- **Keep Up with Health Check-Ups:** Regular screenings like mammograms and Pap smears catch issues early. Stay on top of it!
- **Embrace Every Phase:** From puberty through menopause—women's bodies are amazing. Learning to support your reproductive health journey is powerful.
- **Protect Your Heart Health:** Heart disease isn't just an "old people" thing—it affects over 60 million women of all ages in the U.S.—know how to identify heart attack symptoms unique to women. Stay active (try 30 minutes a day) and fuel up with heart-healthy food.

For more resources and health tips, check out the Department of Health and Human Services, Office on Women's Health [website](#). Let's show the women we love—and ourselves—that health and wellness are always worth celebrating!



THIS MONTH'S
HEALTHY
RECIPE



Spinach, Broccoli &
Mushroom Quiche

GET THE RECIPE! >



THIS MONTH'S
WELLNESS
TIP



Signs of
a Stroke

LEARN MORE! >



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Eligibility and Enrollment Questions: 855-859-0966

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