



## Member Feedback Survey Ending Soon!

If you haven't taken the opportunity to provide your feedback, now is your chance! **The survey will END MAY 27!**

As a reminder, the State Health Plan is conducting a brief, confidential survey to share what matters most to you and where the State Health Plan can improve. Your feedback will play an important role in shaping the future of the State Health Plan.

If you haven't completed it yet, please take a few minutes to complete the survey and help us serve you better.



[Click here for the Active Employee/Non-Medicare Retiree Survey →](#)

[Click here for the Medicare Retiree Survey →](#)

Below is a message from the State Health Plan's Executive Administrator.  
Click to play the video.



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# **TEACHER AMBASSADORS PROGRAM**

## Teachers—We Need You! Become an Ambassador!

Join the State Health Plan as a Teacher Ambassador and help us share important benefit information with your co-workers! Treasurer Briner announced the program during his recent visit to Clayton High School in celebration of Teacher Appreciation Week. [Click to read the announcement.](#)

### WHAT YOU'LL DO AS A TEACHER AMBASSADOR

- Share important State Health Plan updates with your school community about plan benefits, 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

[Teachers can sign up by clicking here →](#)

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## Spring Into Better Health: Refresh Your Medication Routine

*(Humana Medicare Advantage Members)*

Spring is a great time to refresh your prescription habits. Taking medication every day and refilling it before you run out is important for several reasons. Sticking to the prescribed medication dose and refill schedule helps prevent health conditions from worsening or leading to complications.

By taking and refilling your prescription medications on schedule, you can enjoy these benefits:

- Effective Treatment
- Shorter Recovery Time
- Fewer Complications
- Lower Risk of Hospitalization which can be costly and disruptive
- Improved Health
- Better Quality of Life
- Cost Effective Management of Chronic Diseases (high blood pressure, high cholesterol, diabetes)
- Avoiding more expensive treatments

### **What Steps Can I Take to Manage My Medications and Stay Healthy This Spring?**

If you need help with remembering to take or refill your medication, please call the number on the back of your Humana ID card for personalized assistance or talk with your pharmacist about a personalized plan.

Humana offers a process that allows you to appoint a designated caregiver to receive important notices regarding your medications and health care. If you would like to learn more about how to authorize a caregiver to assist with your medication information you can call Humana Group Medicare customer care or visit [Caregiver Access to Protected Health Information](#).

A form can be submitted online, by mail or fax. We are here to support you and your health needs.

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## Your Health Minute: Lower Your Risk for Stroke!

*(All Plan Members)*

May is National Stroke Awareness Month — an important reminder to know your risk factors and recognize the signs of a stroke. A stroke occurs when blood flow to part of the brain is blocked or when a blood vessel bursts. When this happens, brain cells can become damaged or die, leading to lasting brain injury, disability, or even death.

To help lower your risk, remember the **ABCS of stroke prevention**:

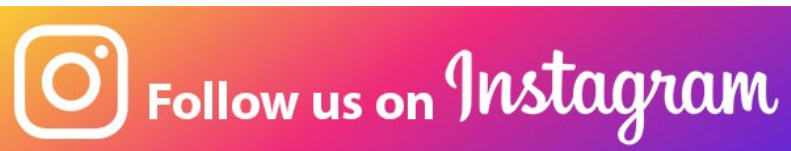
- **Aspirin** — In some cases, aspirin may help reduce stroke risk.
- **Blood Pressure** — Keep your blood pressure under control.
- **Cholesterol** — Manage your cholesterol levels.
- **Smoking** — Quit smoking, or don't start.

If you think someone may be having a stroke, act **F.A.S.T.**

- **F — Face**: Ask them to smile. Does one side droop?
- **A — Arms**: Ask them to raise both arms. Does one drift downward?
- **S — Speech**: Ask them to repeat a simple phrase. Is it slurred or unusual?
- **T — Time**: If you see any of these signs, call 9-1-1 immediately.

For more information on strokes and treatment, visit the Centers for Disease Control and Prevention [website](#).

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Lemony Salmon Rice Bowl with Feta, Cucumber & Tomato Salad

Signs of a Stroke

**GET THE RECIPE! >**

**LEARN MORE! >**

 **FINANCE FRIDAYS**

Subscribe to the Department of State Treasurer's monthly newsletter.

CLICK HERE TO **SIGN UP**

NORTH CAROLINA DEPARTMENT OF STATE TREASURER  BRADFORD B. BRINER STATE TREASURER OF NORTH CAROLINA



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