

October 2025 Member Focus



Open Enrollment Ends October 31!



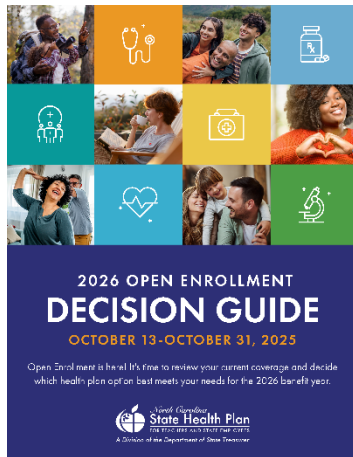
2026 Open Enrollment is underway and ends Oct. 31, 2025.

Active & Non-Medicare Members

All active and non-Medicare members will be automatically enrolled in the Standard PPO Plan (formerly named the Base PPO 70/30 Plan). If you would like to enroll in the Plus PPO Plan (formerly the 80/20 Plan) or if you would like to make a change to your dependents, you will need to **TAKE ACTION** during Open Enrollment.

Non-Medicare members in the Retirement Systems who remain in the Standard PPO Plan (formerly named Base PPO Plan 70/30) and are eligible, will continue to be premium free for subscriber-only coverage.

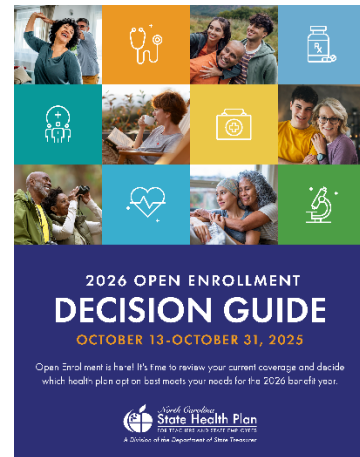
Active Decision Guide



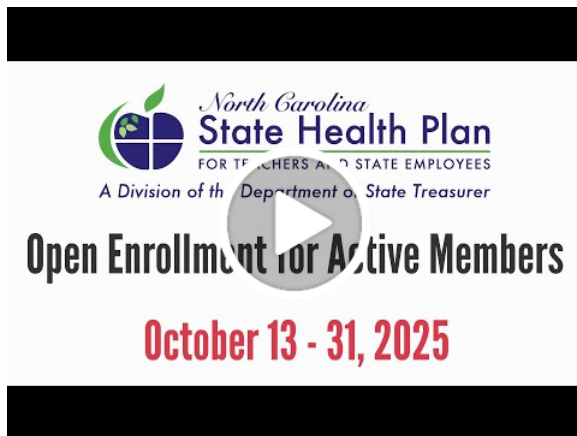
Active Decision Guide (Español)



Non-Medicare Decision Guide



OE Active Overview Video



Non-Medicare Overview Video



[Active Member Enrollment Instructions →](#)

[Navigate Through eBenefits \(View Video\) →](#)

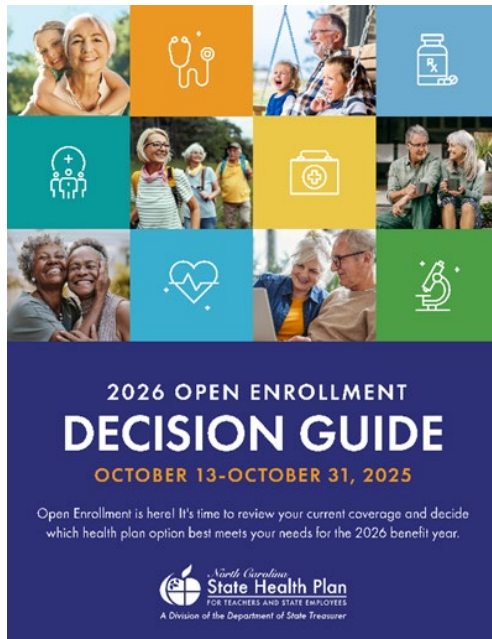
Medicare Members

For the 2026 benefit year all Medicare-eligible members **WILL REMAIN** in the plan in which you are currently enrolled **UNLESS** you would like to enroll in a different plan during Open Enrollment.

You need to **TAKE ACTION** during Open Enrollment if you want to be enrolled in a different plan or need to make any changes to your dependents.

The State Health Plan still has a few in-person information sessions and webinars for Medicare members. These outreach events provide an overview of your health plan options. For a complete list of events and to register, visit the Plan's [website](#).

Medicare Decision Guide



Medicare Overview Video



More Open Enrollment Resources

Decision Guides, Rate Sheets and additional Open Enrollment resources for all members are available on the Plan's website at www.shpnc.gov.

**The Eligibility and Enrollment Support Center
is offering extended hours during Open Enrollment.
Monday-Friday: 8am-10pm; and Saturdays: 8am-5pm
855-859-0966**



Lantern Webinars: Learn More about the Plan's NEW Surgical Benefit

(Active & Non-Medicare Members)

The State Health Plan is excited to be partnering with Lantern, a trusted provider of planned, non-emergency procedures for active members*. With over 1,500 vetted surgeons across specialties like orthopedics, gynecology, and cardiac care, eligible members are matched by a Lantern Care Advocate to top providers close to home or supported with travel benefits if needed. [Click here for a printable flyer.](#) Learn more about this new benefit on [the Plan's website](#).

To help you understand this NEW benefit, the Plan is offering webinars in November. These sessions will provide more information about Lantern's services, covered procedure categories, and guidance on how to navigate the program. Register now for one of these sessions!

**Medicare Primary and HDHP members are not eligible.*

Tuesday, November 18 at Noon →

Thursday, November 20 at Noon →

New Cancer Prevention Resource Center

(All Members)

The State Health Plan introduces the **Cancer Prevention Resource Center**, a new webpage designed to empower members with tools and information to reduce cancer risk. Find trusted, evidence-based resources on cancer prevention, early detection, and healthy lifestyle choices by visiting the [Plan's Cancer Prevention Resource Center webpage](#).

The State Health Plan covers preventive services that support early detection and better outcomes. Learn more about all the resources available to you at [the State Health Plan's Resource Center](#).

Colorectal Cancer Screening

(All Members)



Schedule your screening for one of the most preventable cancers

Colorectal cancer is one of the most common cancers but it's also one of the most preventable, according to the American College of Gastroenterology. Screenings are helping to drop the rate of these deaths.

Polyps can take 10-15 years to turn into cancer. According to the American Cancer Society, screening can find these polyps early, so they can be removed before they have a chance to turn into cancer.



Your screening is covered as part of your plan, so why wait?
Schedule your colonoscopy today.

Additional tools and resources in addition to the above article:

- Detecting Colorectal Cancer | [Can Colorectal Cancer Be Found Early?](#) | American Cancer Society
- [Colorectal Cancer \(CRC\) Community Education Toolkit](#)
- [Shareable link or printable flyer](#) on preventing colorectal cancer

(Humana Medicare Advantage Plan members)

In addition to early prevention, you can also be rewarded under the prevention items in Go365 for an in-person colonoscopy. Once the claim has been processed with Humana in the same calendar year you can call or go online to redeem rewards for gift cards. The rewardable amount for a colonoscopy is \$50 towards gift cards.

**Must give ample amount of time for claim processing. If claim is processed in the following year, rewards cannot be issued per Medicare guidelines.*

October is National Breast Cancer Awareness Month

(All Members)



Breast Cancer Awareness Month holds different meanings for everyone. For some, it's a season of pink ribbons and reminders of a disease that has profoundly affected their lives. For others, it's an opportunity to support the more than 2 million women worldwide diagnosed each year. For the State Health Plan, it's a time to honor survivors, support those currently battling the disease, and promote awareness about prevention and early detection.

Key Facts About Breast Cancer:

- Over 300,000 new cases are expected in 2025.
- Over 42,000 women will die from breast cancer in 2025.
- Black women are more likely to die from breast cancer than women of any other racial or ethnic group.
- About 16% of women with breast cancer are younger than 50 years of age.
- About 66% of cases are diagnosed at a localized stage, before cancer has spread outside of the breast, when treatments tend to work better
- Men can get breast cancer too, about 2,400 cases annually.
- There are about 4 million breast cancer survivors in the U.S., including those currently being treated and those who have finished treatment.
- *Information is provided by [Breastcancer.org](https://www.breastcancer.org)*

According to the CDC, breast cancer is the most common cancer among U.S. women. Mammograms are the best way to detect breast cancer early, when it is easier to treat and before it is big enough to feel or cause [symptoms](#).

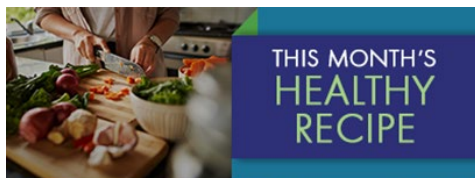
Fortunately, active, and non-Medicare State Health Plan members have access to a wide range of preventive care services covered at 100%, including mammograms! [Learn more.](#)



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Pumpkin Bread with
Mini Chocolate Chips

GET THE RECIPE! >



Breast Cancer
Awareness Month

LEARN MORE! >



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Eligibility and Enrollment Questions: 855-859-0966

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