



TEACHER AMBASSADORS BULLETIN

www.SHPNC.gov



Welcome!

Welcome to the inaugural issue of **The Teacher Ambassador Bulletin!**

Thank you for volunteering to serve as a Teacher Ambassador. This initiative was inspired by educators like you who recognized that teachers can play an important role in helping colleagues stay informed about the valuable benefits and resources available through the State Health Plan (Plan).

As a Teacher Ambassador, you'll receive information and updates that can be easily shared with your fellow educators. We know that many Plan members don't actively engage or understand their health benefits until they need medical care. Our goal is to change that by helping members become informed, engaged participants in their health care decisions.

Looking ahead, important changes are coming in 2027 that will make it even more valuable for members to be informed consumers of health care. Understanding how to navigate benefits, compare options and access available resources can help members save money and maximize the value of their Plan benefits.

Throughout the year, Teacher Ambassadors will have access to webinars, exclusive updates, and educational resources designed to provide insight into benefit changes, wellness initiatives, and Plan programs. We encourage you to share this information with your colleagues and help strengthen benefit awareness within your school community.

Thank you for serving as a trusted resource for your fellow educators. We're excited to partner with you and look forward to supporting your efforts throughout the year.

Spread the word and encourage others to sign up! Have them [visit the sign-up form](#) located on the Plan's website to become a Teacher Ambassador.

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

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.



Save the Date for 2027 Open Enrollment!

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:

- 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.

2027 member premium rates and other benefit changes will be voted on by the State Health Plan Board of Trustees in July. To view proposed changes and materials from the last Board of Trustees meeting, [click here](#).

2027 OPEN ENROLLMENT

October 12-30, 2026



North Carolina
State Health Plan
FOR TEACHERS AND STATE EMPLOYEES
A Division of the Department of State Treasurer



Connect with us on **facebook**



Follow us on *Instagram*

Eligibility and Enrollment Questions: 855-859-0966

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