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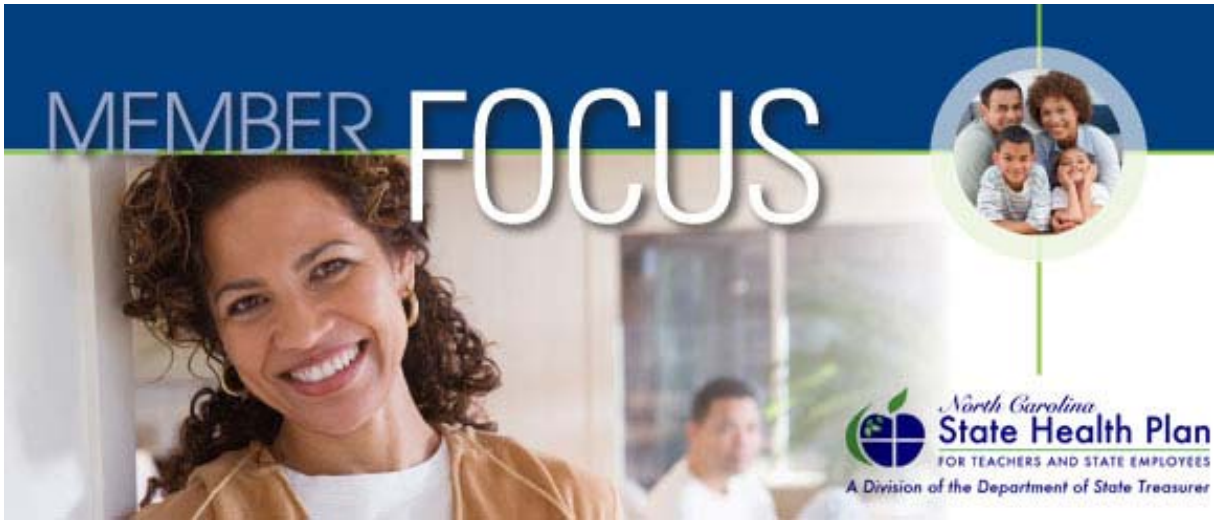

Be SMART with your New Year's Resolution

Each New Year brings an opportunity to set new health goals. Whether your goal is to lose weight, exercise more, or quit smoking, set a "SMART" resolution you can stick to throughout 2014. A SMART resolution is a goal that is **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely.

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Once you have decided on your SMART resolution, write it down and post it where you will see it daily. Sharing your plan with family and friends can also help you stay on track and provide support toward reaching your goal. For additional assistance with your resolution, the State Health Plan offers a variety of health and wellness supports through NC Health*Smart***.

Click here for more information and resources available through NC Health*Smart*

Don't Delay -- Get Your Preventive Screenings Today!

The start of a new year is a great time to reflect on your health. Scheduling your annual physical exam to include all of your necessary preventive screenings can help you stay healthy throughout the year. Preventive screenings, such as cancer screenings, are a key way to become aware of your current health status. Regular cancer screenings can help catch cancer in its earliest stages. Early detection can

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significantly improve the chances of overcoming cancer and help save lives.

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Starting January 1, 2014, members enrolled in the Enhanced 80/20 Plan and the Consumer-Directed Health Plan (CDHP) may receive in-network preventive screenings covered at 100%. This means you will not have to pay anything out of pocket when you have a colonoscopy, mammogram, or Pap smear.* Members enrolled in the Traditional 70/30 Plan may receive the same preventive screenings with the applicable copay applied.

** Screenings must be coded as preventive in order to be covered at 100%.*

Learn more about preventive health screenings

Pharmacy Benefit Reminders for 2014

To help you start your New Year getting the most out of your pharmacy benefits, here are some helpful reminders:

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- All members must use their new benefit card when visiting the pharmacy in 2014.
- For the Consumer-Directed Health Plan (CDHP), members are encouraged to shop around for the best prices for their medications. Prices do vary between pharmacies. My Rx Choices can assist with identifying approximate costs of medications.
- For the CDHP and Enhanced 80/20 Plan, members must have a prescription for coverage for the Affordable Care Act (ACA) preventive medications.
- For the Traditional 70/30 and Enhanced 80/20 Plans, some new high-cost generic medications may be in Tier 2 with a $40 copay.

NC Health*Smart* Webinar Series Kicks Off this Month

NC Health*Smart* is presenting a series of fun and informative webinars that focus on wellness. Expert presenters will

No time for exercise? Try our Top 10 Tips to get more!

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NUTRITION

Healthy Habits Quiz: How to Make Changes That Stick

JOIN OUR LIST

EAT SMART, MOVE MORE, WEIGH LESS

Eat Smart | Move More
Weigh Less®

TOBACCO CESSATION RESOURCES

provide detailed information on topics ranging from exercise to financial stability during the holidays. The series kicks off on **January 24 at 9 a.m.** with a webinar entitled **"New Year, New You: Get a Healthy Start to the New Year."** This webinar will also be held on January 29 at 4 p.m. and January 31 at 1 p.m.

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This webinar will give you tips on how to prioritize your health in 2014 and keep the momentum going all year. You will learn simple strategies you can apply right away to help you effectively lose weight, eat better, and sustain a healthy lifestyle. The New Year is an ideal time to make changes in your life and establish new healthy habits.

Learn more about the webinar series and register

Member Responsibilities after an Injury Caused by a Third Party

As a self-funded employee benefit plan, the State Health Plan (Plan) has a responsibility to its members to protect Plan funds by paying only those claims for which it is responsible. If the Plan pays claims that are the responsibility of a third party, then, by law, the Plan has a right to recover those payments. That right to recover includes recovery of payment for claims paid on behalf of members injured in an automobile accident, by a defective product, as a result of a slip and fall, medical malpractice or any other injury caused by a liable third party.

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Learn more about member responsibilities after an injury caused by a third party

***Members eligible for NC HealthSmart services are members whose primary health coverage is through the State Health Plan. Federal law prohibits the Plan from using your personal health information to discriminate against you in any way or from giving this information to your employing*

Trying to quit tobacco? Let us help. Click here to learn about FREE and discounted NC Health*Smart* supports available to help you become tobacco-free.

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Customer Service:
888-234-2416

Prescription Questions:
800-336-5933

Health Coach for Eligible Members:
800-817-7044

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