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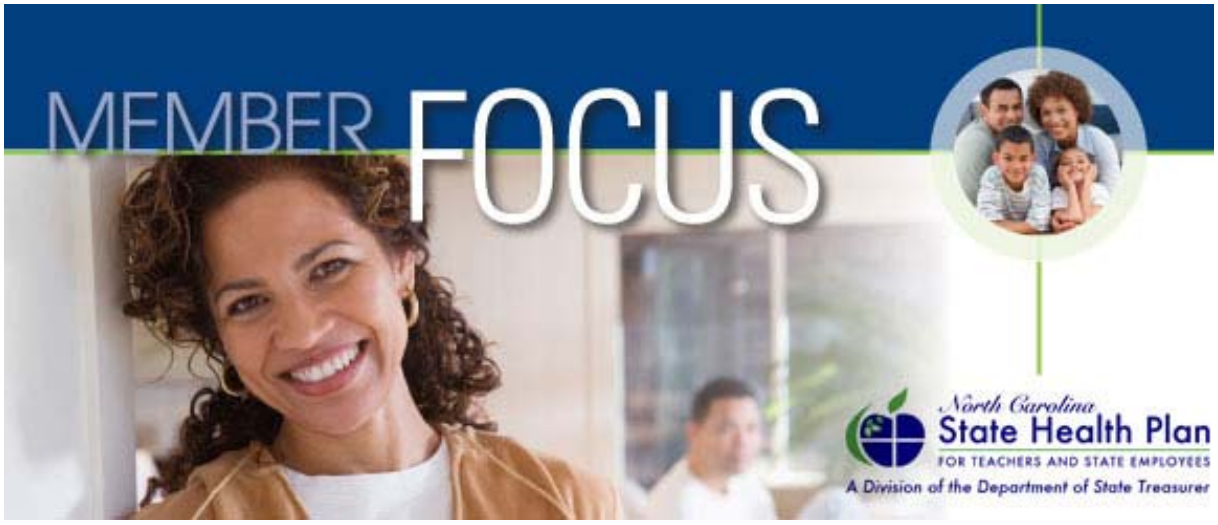

Know Your Numbers: Schedule Your Annual Physical

February is American Heart Month. Knowing your numbers is an important component of assessing your risk for heart disease. Many risk factors for heart disease, such as high blood pressure and high cholesterol, do not present any signs or symptoms until the damage is already done to your heart or arteries.

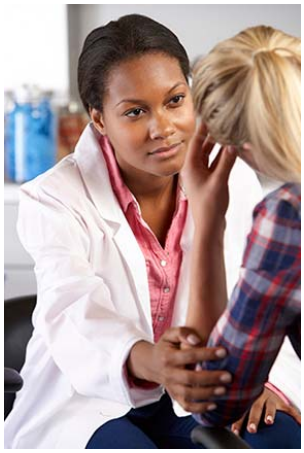
photo credit: Thinkstock Images

Schedule an annual physical with your primary care provider so that you can stay on top of your heart health. During your annual physical exam, be sure your provider checks your cholesterol, blood pressure, and blood sugar. These screening tests often require you to fast, or not eat, for at least eight hours before your appointment. Upon receiving your test results, review them with your provider or nurse and ask any questions you may have. Understanding your numbers will help you and your doctor determine if there are any lifestyle changes you need to make to maintain or improve your heart health.

Click here for more information about knowing your health numbers

Keep Your Heart Healthy with NC Health*Smart*

Heart disease is the second-leading cause of death in North

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HEALTHY/LIGHT RECIPE

Warm Chocolate Pudding

Carolina. It is responsible for nearly 1 of every 5 deaths in our state.* NC Health*Smart* ** provides members with a variety of FREE resources to help you take steps to reduce your risk for heart disease.

photo credit: Thinkstock Images

Eat a healthy diet, low in fat and sodium and high in fiber

Visit your FREE Personal Health Portal to plan your next healthy meal. Your Personal Health Portal gives you access to many healthy recipes, including low sodium and low fat options. In addition, you can create a healthy grocery list using the NuVal nutritional scoring system. NuVal scores food from 1 to 100. The higher the score, the better it is for you. See how your favorite foods score by signing into your Portal today!

Learn more about resources and tips to keep your heart healthy

**North Carolina State Center for Health Statistics, 2012*

Retiring Medicare Eligible Members

As a reminder for active members nearing retirement, Medicare becomes primary the last month that a retiring active member is covered by his or her agency and the Medicare reduced rate applies. Members should be aware of the Medicare primacy change and the need to elect Medicare Part B to be effective the date of their retirement.

photo credit: Thinkstock Images

In order for a retiree to be eligible for the new Humana and UnitedHealthcare Group Medicare Advantage Plans under the Retirement Systems, the retiree must be enrolled in Part A and B and they must have enrolled in their retirement benefit more than sixty days in advance of their coverage effective date.

Click here for what you need to know about your benefits prior to retiring

PHYSICAL ACTIVITY

American Heart Association Recommendations for Physical Activity in Adults

NUTRITION

25 Top Heart-Healthy Foods

photo credit: Thinkstock Images

TOBACCO CESSATION RESOURCES

DHHS *Wellness Wins* iPad Winner Announced

Andrea Mason, a staff member in the Pharmacy Department at Central Regional Hospital (CRH) in Butner, was recently awarded a new iPad® for her participation in the North Carolina Department of Health and Human Services (DHHS) *Wellness Wins* pilot project.

Andrea Mason

This two-year pilot was conducted at CRH, R.J. Blackley Alcohol and Drug Abuse Treatment Center (ADATC), and Whitaker Psychiatric Residential Treatment Facility (Whitaker) from Dec. 1, 2011, to Nov. 31, 2013. The goal of the program was to increase utilization and access to primary health care for employees. As part of the pilot, employees were offered a health assessment, free biometric screenings and health action steps at their worksite. Employees who participated in these three steps received a $15 copay reduction for primary care visits for themselves and their dependents.

Ms. Mason won her iPad® by completing all components of the final phase of the pilot program. The award was presented at a pharmacy staff meeting in December 2013.

Over the past two years, the State Health Plan was able to offer reduced copays to more than 800 CRH, ADATC and Whitaker employees and their dependents through the *Wellness Wins* program. The results of this pilot showed a significant increase in visits to primary care providers and a decrease in hospital admissions. In addition, participants in the project left with a greater understanding of their risk for developing a chronic condition.

Thank you to all of the CRH, ADATC and Whitaker employees for their participation and all of the leaders for their support.

***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 agency/school or other unauthorized third party, unless allowed or required by law.*

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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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Eat Smart Move More Weigh Less®

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800-817-7044

For questions on this

newsletter, e-mail
ppo.inquiries@nctreasurer.com.

NC HEALTH Smart
An initiative of the State Health Plan

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