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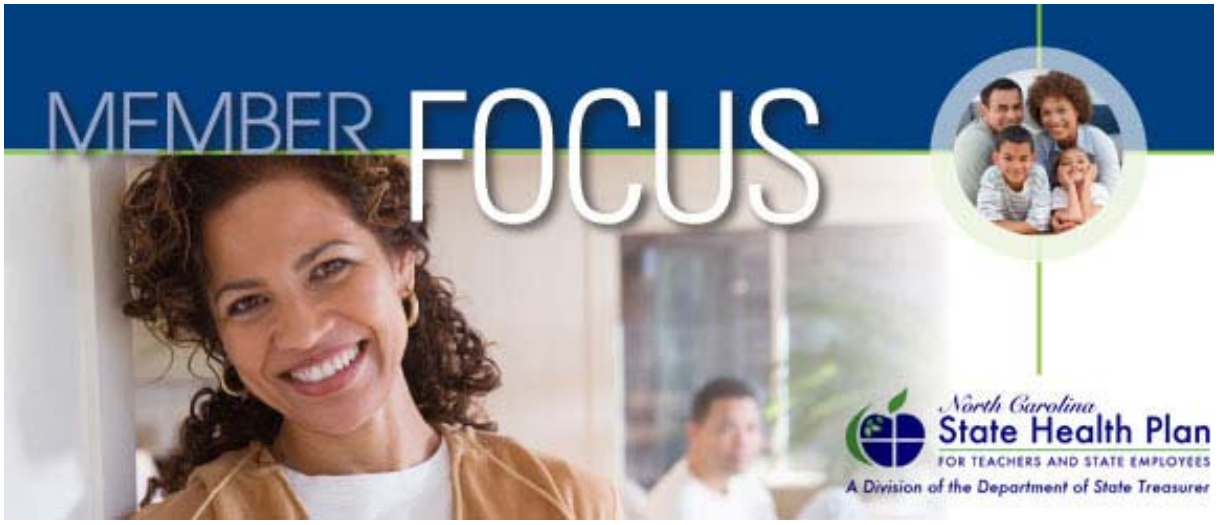

Keep the St. Patrick's Day Celebration Going by Choosing Lean, Green Proteins!

Protein is an important component in a healthy diet. You can add protein to your diet by eating foods such as chicken, fish, beans, nuts and more. These sources of protein provide energy, assist in cell growth and repair, and can help manage your glucose (blood sugar) level. However, it is important for you to remember to incorporate variety and balance when choosing your protein sources.

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Mix it up: Some sources of protein are higher in fat and cholesterol, which can lead to plaque buildup in the arteries of your heart. To avoid consuming too much of these high cholesterol foods, it is helpful to incorporate different types of proteins throughout the week. Try adding leaner meat options to your meals, such as chicken, turkey or fish. Meatless meals are also an alternative to cutting back on cholesterol and fat, while still providing an adequate source of protein. Meat-free proteins include soy, lentils and seeds. For ideas on meatless meals, visit the "Recipe Center" in your Personal Health Portal.

Click here for more information about eating healthy

Finding Relief with OTC Allergy Medications

Allergy season is the perfect time to think about the best way to treat your seasonal allergy symptoms and consider the

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HEALTHY/LIGHT RECIPE

Beef and Broccoli Bowl

many allergy medication choices available. Allergy medications are used by many State Health Plan members and present an excellent opportunity for cost savings. An easy way for Plan members to save money is to use over-the-counter (OTC) medications instead of more costly prescriptions.

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Learn more about OTC medications

High Cost Generics May be in Tier 2 on Traditional Pharmacy Benefit Preferred Drug List

As a reminder, as of October 2013, some new high cost generics are placed in Tier 2 for a $40 copay per 30-day supply on the Preferred Drug List.

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Some common generic medications now in Tier 2 include duloxetine, generic for Cymbalta®, and rabeprazole, generic for Aciphex®. Over time, as Tier 2 generics are manufactured by multiple companies creating cost-effective options, Tier 2 generics will be moved to Tier 1 for a $12 copay.

Click here for what you need to know about Tier 2 generics

New Pharmacy Step Therapy Programs

The State Health Plan continues to monitor and updatepharmacy programs to ensure appropriate medication utilization, address safety concerns and maintain an affordable benefit. Effective April 1, 2014, the State Health Plan will implement the following Step Therapy programs for the Traditional 70/30 Plan, Enhanced 80/20 Plan and Consumer-Directed Health Plan (CDHP). These Step Therapy programs were developed to encourage the use of a generic or preferred medication prior to the use of a non-preferred medication.

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Learn more about the new step therapy programs

PHYSICAL ACTIVITY

Stabilize Your Core Muscles

NUTRITION

Diet and Nutrition 101

TOBACCO CESSATION RESOURCES

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.

Cool Off this Summer with Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less is a 15-week weight management program that works because it is not a diet - it's a lifestyle! **State Health Plan members can participate in Eat Smart, Move More, Weigh Less for ONLY $5 with good attendance*!**

Enrollment for real-time, online classes is available here. Live instructors conduct convenient early morning, lunchtime, and evening classes.

Learn more about Eat Smart, Move More, Weigh Less

**$5 program cost after a $25 refund for completing the program (attending 10 of the 15 sessions). $30 registration fee required during enrollment.*

Upcoming Webinar: Ditch the Diet Mentality

Tired of the ups and downs of dieting? Join the NC Health*Smart** March webinar to help you "Ditch the Diet Mentality." Nutritional balance is a lifestyle, not a fad. Hear from nutrition experts on how to balance your nutrition on a daily basis and avoid the inconsistent results of dieting.

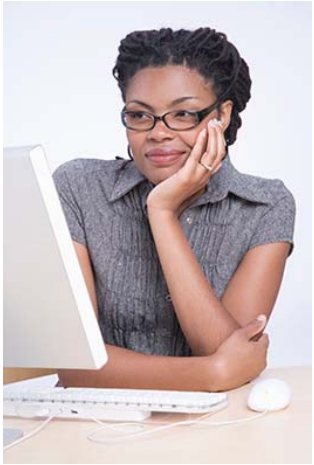

photo credit: Thinkstock Images.

Each webinar is approximately 30 minutes long and will be followed by a question and answer period. You can log in and participate from any connected device, including mobile devices. To register for one of the webinars, please click on the link below that best fits into your schedule. Registration is limited, so make sure you register soon!

Learn more about the dates and times of the "Ditch the Diet Mentality" webinars and how to access previous webinars

**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*

EAT SMART, MOVE MORE, WEIGH LESS

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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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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.

The information presented in this e-newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained health care provider.