



Spring into Physical Activity!

Spring is the perfect time to kick start your physical activity routine. Whether you are just getting started or you are regularly active, there are great new suggestions and resources for helping you increase your activity today!

Just getting started? Here are some tips to get you going.

- **Start small.** Find ways to increase your activity each day. Whether you're walking the dog, gardening, or cleaning the house, there are plenty of opportunities to get moving. If a certain activity doesn't work for you, don't worry! There are a variety of ways to be active.
- **Split it up.** Thirty minutes of physical activity may sound like a big goal, but did you know you can break it up? By adding 10 minutes of walking three times a day, you can reach the recommended 30 minutes of daily activity.
- **Try Eat Smart, Move More, Weigh Less.** This is a 15-week, live, interactive online weight management program proven to work and costs as little as \$5! Click [here](#) for more information.



North Carolina
State Health Plan
FOR TEACHERS AND STATE EMPLOYEES
A DIVISION OF THE NORTH CAROLINA
DEPARTMENT OF STATE TREASURER

[Find more resources for beginning, maintaining or enhancing a physical activity program](#)

This Month's Healthy Recipe



[Rhubarb Custard Bars](#)

April is Alcohol Awareness Month

Do you or a loved one have a problem with alcohol? Starting the conversation about alcohol abuse can be difficult. Complete this [brief questionnaire](#) available through the State Health Plan-specific Achieve Solutions [website](#) to better understand if your drinking habits are healthy or not.*

Limiting your alcohol consumption can improve your overall physical and mental health. Here are some strategies from the U.S. Department of Health and Human Services to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women

or 2 drinks a day for men



Share Your Favorite Recipe

Have a tasty, healthy recipe to share with your fellow SHP members?

You could be featured in the next issue of Member Focus!

[Submit Your Recipe!](#)

or 2 drinks a day for men.

- Keep track of how much you drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

**The quizzes on this website are for personal use and awareness. The information shared is not saved or shared with the Plan or your employer.*

[Learn more about alcohol awareness and the resources available](#)

Get Your Retirement Health Plan Questions Answered

Thinking about retirement? Let us help you navigate through your State Health Plan options. You're invited to attend a State Health Plan informational session on how to maximize your health plan options in retirement.

To get the most from your retirement health plan options, timing is everything. Did you know that Plan members should submit retirement paperwork 120 days before their retirement date to ensure the most options available through the Plan?

In addition, it's recommended that members who are considering retirement meet with their Health Benefits Representative (HBR) up to six months before their planned retirement date.



[Learn more about retirement health plan options and upcoming outreach sessions](#)

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.



[Learn more about member responsibilities after an injury caused by a third party](#)

Stay Connected with the State Health Plan!

Physical Activity



[Dr. Oz's 20 Minute Workout](#)

Tobacco Cessation Resources



Trying to quit tobacco? Let us help. [Click here](#) to learn about FREE and discounted NC HealthSmart supports available to help you become tobacco-free.

Eat Smart, Move More, Weigh Less

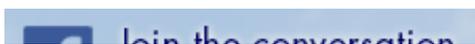


Quick Links

[My Medical Benefits](#)

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[Mental Health Resources](#)

[NC HealthSmart](#)

Eligibility and Enrollment Questions
855-859-0966

Prescription Questions
800-336-5933

Health Coach for Eligible Members
800-817-7044

For questions on this newsletter, e-mail
ppo.inquiries@nctreasurer.com

***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.*

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.

