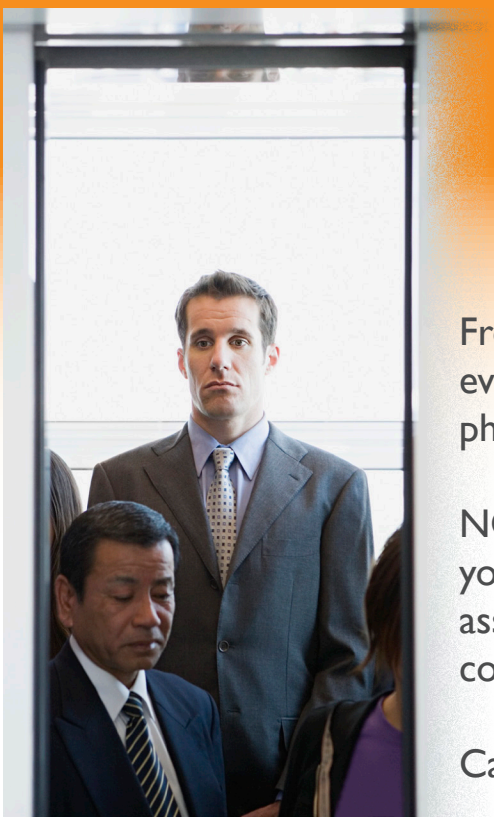

Stressed?

You're not alone…

From finances to family to work, stress affects everyone. As a State Health Plan member, help is just a phone call or click away.

NC Health*Smart*, the Plan's healthy living initiative, offers you a toll-free number to contact a health coach who can assist you in managing everyday challenges and other life complications.

Call 800-817-7044 today!

Consider these quick tips to ease your stress level:

- **Treat yourself like your own best friend – really!**
- **Take a walk or hit the gym**
- **Enjoy a hobby**
- **Keep a journal**
- **Practice being positive**
- **Remember that grown-ups need to play too!**
- **Make time to be still and just breathe**

NC Health*Smart* can help you stay healthy both physically and mentally. Log on to your Personal Health Portal at www.shpnc.org to learn how to manage the stress in your life.

For more stress-busting ideas, go to www.shpnc.org, click on NC Health*Smart*, then scroll down to click on the Achieve Solutions® website. Click on "All Topics," then "Stress."

Life's complicated…managing stress doesn't have to be.

800-817-7044

NC HEALTH*Smart*
An initiative of the State Health Plan

Members eligible for NC HealthSmart services are members whose primary health coverage is through the State Health Plan.