

# Attention State Health Plan Members: Learn How to Improve Your Health and Wellness without Leaving Your Office!

Join an NC HealthSmart webinar to learn about the FREE and low-cost health and wellness resources available to you.

Topic: Optimizing Your Health and Well-Being through  
NC HealthSmart

Date: \_\_\_\_\_

Time: \_\_\_\_\_

To register, visit: \_\_\_\_\_

Registration closes: \_\_\_\_\_

Contact: \_\_\_\_\_

Comments: \_\_\_\_\_



Don't miss your chance to learn about:

- Free and low-cost benefits to help you lead a healthier life;
- How to play a more active role in managing your health; and
- Effective supports to help you meet health goals.

**Don't delay, sign up today!**

**NCHEALTHSmart**

An initiative of the State Health Plan

[www.shpnc.org](http://www.shpnc.org)

800.817.7044