

October 2019 HBR Update

Open Enrollment is Coming Soon: November 2-19, 2019

Open Enrollment for the 2020 benefit year will be held November 2-19, 2019.

The State Health Plan has wrapped up the Open Enrollment HBR Trainings, but in the event you missed one, the presentation used during the trainings is available on the Plan's HBR [training page](#) for your review.



Tobacco users who want to reduce their employee-only premium by \$60 will need to visit a CVS MinuteClinic for at least one face-to-face tobacco cessation counseling session by December 31, 2019. Remember, vouchers are not required this year! Employees can go to CVS MinuteClinic now. There is no need to wait until the start of Open Enrollment.



Decision Guides are dropping in the mail this week and members should be receiving them by the end of the month. To view the Decision Guide for active employees, [click here](#). Feel free to share with employees.

You are encouraged to download, print and post the Open Enrollment poster in your worksites. Click [here](#) to download.

Additional information regarding Open Enrollment, including videos and a plan comparison, is available on the State Health Plan [website](#).

Dependent Documentation Reminder

Open Enrollment is right around the corner! As Open Enrollment commences, please be mindful of reviewing all added dependents for the appropriate documentation.

It is the HBR's responsibility to approve all dependent documents for new dependents. As in previous years, OE elections may be approved by Benefitfocus before all documentation is received. These mass approvals are done to ensure complete and timely configuration for the upcoming plan year. Please be mindful that enrollments approved before documentation is received still require documentation to be submitted and verified by the HBR.

As a part of the ongoing audit, the Plan will also review dependents added during Open Enrollment to ensure proper documentation has been provided. The Plan has seen great improvement in the accuracy and consistency of both task and dependent approvals over the course of the last year, and we look forward to seeing these results continue through Open Enrollment.

Below are a few reminders about acceptable documentation:

- Only 2018 1040s can be accepted, unless the subscriber provides a previous year 1040 with a 2018 extension.
- Verification of Facts are only acceptable as documentation for newborns within six months of birth. After six months, a birth certificate or current 1040 showing the child as a dependent must be provided as verification for any dependent child.
- When birth certificates are provided as verification for a dependent child, we must receive the official birth certificate.
- Marriage certificates can be used to solely verify spouses within one year of the date on the marriage certificate.

The full list of appropriate documentation and examples can be found on the State Health Plan's [website](#).

Help Your Employees Fight the Flu!

There is still time for you to host a flu shot clinic for your employees at your worksite!

Maxim Health Systems, in cooperation with Blue Cross and Blue Shield of North Carolina (Blue Cross NC), is working with agencies to host onsite flu immunization clinics. Flu clinics will last through December.

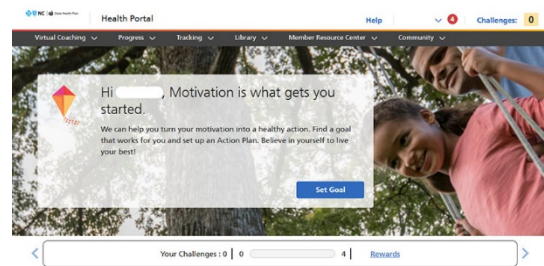
Maxim is still accepting requests for agencies that would like to schedule their clinics for the fall. Maxim started onsite clinics this month. The process is the same as the 2018 program. We are again offering the Quadrivalent flu vaccine for ages 4 and above.

There is a 25-shot minimum per clinic. Worksites will be charged \$25 per shot for shots below the required 25 minimum. For more information, [HBRs may click here](#). To schedule an onsite clinic, [HBRs may use this request form](#).

Please note: Members on the UnitedHealthcare (UHC) Medicare Advantage plans should contact UHC directly for flu shot information at 866-747-1014. These members are not able to attend worksite flu shot clinics.

Did You Know:

Get your employees – or yourself – motivated to improve your health! The State Health Plan's Personal Health Portal, available via Blue Connect, offers a variety of health challenges throughout the year to get your employees active and healthy.



Health challenges are one-month programs that can help your employees put healthy behaviors into action. Each quarter of the year, a four-week challenge is offered to active members and non-Medicare retirees through the Personal Health Portal. Encourage your employees to join November's upcoming wellness activity, the "Attitude of Gratitude Challenge." This challenge runs November 1-November 30 and will be the last wellness challenge of 2019.

When a challenge becomes available, information is listed on the Personal Health Portal home page. As participants complete the goals of a challenge, they can track their progress online. Each activity contributes to the goal of improving health. Using the Personal Health Portal and joining challenges can help motivate employees to make healthy changes!

The Personal Health Portal is available via eBenefits, the one-stop shop for all benefit information. To get started, go to the [State Health Plan website](#) and click on eBenefits. Once logged into eBenefits, look for a link to Blue Connect in the left-hand menu. Once in Blue Connect, click the Wellness link at the top of the page to find the Personal Health Portal.

Challenges begin again in January 2020 with new health topics!

Wellness Tip

The fall growing season brings a wide variety of [fresh produce in NC](#). These include pumpkins, apples, cabbage, turnips, muscadine grapes and beets, to name just a few. Stock up on seasonal fruits and vegetables and take advantage of the health benefits they offer. Try some [new recipes](#) and make the most of the season!