

## July 2017 Member Focus

### July 31 Deadline Approaching for Dependent Eligibility Verification Audit!

*(All Members)*

Please pay attention if you have dependents on the State Health Plan!! As a reminder, the State Health Plan is conducting a Dependent Eligibility Verification Audit of all dependents under the age of 75 covered by the Plan to protect plan benefits and reduce waste, fraud and abuse.

**This audit impacts all dependents under age 75 covered by the Plan as of April 19, 2017.** Time is running out to submit your required documentation! If you fail to comply, your dependents may be terminated from coverage. Please note that the document upload feature to the eEnroll system is the preferred method of document submission. In addition, for documents submitted via email or fax, the turnaround time for verification is seven to 10 business days.

**You should have already received a letter in the mail with a request for documentation of your dependents, which will need to be provided by July 31, 2017.**

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### CDHP No Longer Available in 2018

*(Active Members and Non-Medicare Retirees)*

The State Health Plan's Board of Trustees, under the leadership of State Treasurer Dale R. Folwell, CPA, **has voted to eliminate the Consumer-Directed Health Plan (CDHP) for 2018.** The goal in eliminating this plan option is to reduce complexity and provide long-term financial stability to the Plan. This plan option is known as the "richest" and, as such, presents a significant liability to the state.

**Because the CDHP is being eliminated, the Health Reimbursement Account (HRA) will not roll over for use in 2018.** HRA funds provide first dollar payments for covered services and benefits to members and are not actual funds that can be reimbursed or paid to members. **The HRA funds will only be available for claims incurred in 2017 and submitted for processing before March 31, 2018.** Please plan accordingly for the remainder of the year regarding any unused HRA funds. Members are urged to use their HRA funds by December 31, 2017.

The CDHP's Health Engagement Program will continue to be offered through December 31, 2017, but it is important to note that any incentive funds received as a result of any of the designated activities will not roll over and will only be available for claims incurred in 2017.

More information regarding your 2018 health plan options will be sent to you prior to Open Enrollment, which will take place in October. Please make sure to read all health plan information. For more information regarding your plan benefits visit [www.shpnc.org](http://www.shpnc.org).

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## New Opioid Pain Management Webpage: Be Informed, Know Your Risk

*(All Members)*

Opioid addiction is real. It can happen to anyone. Opioids are narcotic pain relievers, prescribed for short-term treatment of moderate to severe pain, as after a surgery. Examples include hydrocodone (such as Vicodin), oxycodone (such as Percocet), and codeine (used in some medications to treat cough).

Although prescribed by a doctor, opioids are not harmless. According to Beacon Health Options, the Plan's mental health services provider, opioid overdose is now the No. 1 cause of accidental death in America.

The State Health Plan has launched a [new opioid resource page](#). Visit the NC HealthSmart tab to learn more about what questions you should ask your doctor before taking opioids, other alternatives to manage your pain, how to safely store and dispose of your medication, and more!

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## Member Spotlight: NC HealthSmart Delivers

*(Active Members)*

This Member Spotlight features Keisha, who took quick action during her pregnancy as a result of using the health and wellness resources available through NC HealthSmart.

Keisha enrolled in the NC HealthSmart maternity coaching program early in her pregnancy with her second baby. During her maternity coaching sessions, she was able to discuss any questions or concerns she had about her pregnancy. She reviewed testing results conducted at her doctor visits, learned about the warning signs of preterm labor/miscarriage, and about the many other resources NC

HealthSmart has to offer, such as the 24-hour Nurse Line.

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- Get ready to learn more about how the State Health Plan offers ways to keep your body – and budget – healthy. Visit the State Health Plan's [Wellness Resources page](#) for details on all the programs available to you.
- Prepare your taste buds! We're on a mission to get North Carolina to eat more fruits and vegetables: FNV! Whether they are fresh, frozen, canned or dried, fruits and vegetable are things our bodies need – and crave! Learn more here.