



Take Charge of Your Health with NC HealthSmart!

Call an NC HealthSmart Coach at 800-817-7044.

Access your Personal Health Portal at www.shpnc.org.

Click on NC HealthSmart to get started.

An initiative of the State Health Plan

How Do I...	What resources are available to me?	Contact Us
Stay healthy, prevent illness, and manage stress or other mental health issues.	<p>Preventive services from flu shots to routine physicals are covered.[†]</p> <p>Confidential support from health coaches helps you manage stress, lose weight and eat healthier. <i>Monday-Friday, 8:30a.m.-11p.m. and Saturday, 9a.m.-2p.m.</i></p> <p>Additional online resources to help manage stress, depression, or substance abuse from the State Health Plan-specific Achieve Solutions® website. Plan benefits cover mental health and chemical dependency treatment.[†]</p> <p>Sign up for the Member Focus newsletter.</p>	<p>800-817-7044</p> <p>www.achievesolutions.net/statehealthplan</p> <p>www.shpnc.org</p>
Get medical advice 24/7.	<p>A 24-hour nurse line helps provide quick answers to medical concerns.</p>	800-817-7044
Manage a chronic or serious illness.	<p>Nurses, health coaches, and case managers help you manage a chronic disease like diabetes, high blood pressure, and depression; as well as other serious conditions such as cancer and severe injuries. <i>Monday-Friday, 8:30a.m.-11p.m. and Saturday, 9a.m.- 2p.m.</i></p> <p>Specialty Case Managers are available to help you with Chronic Kidney Disease (CKD) and End Stage Renal Disease (ESRD).</p>	<p>800-817-7044</p> <p>866-577-3625</p>
Find support during my pregnancy.	<p>Maternity coaches offer support and answer questions about your health and your baby's. <i>Monday-Friday, 8:30a.m.-11p.m. and Saturday, 9a.m.-2p.m.</i></p> <p>The Stork Rewards program offers delivery room savings.</p>	<p>800-817-7044</p> <p>www.shpnc.org/ncHealthSmart/maternity/</p>
Manage my health using the Personal Health Portal.	<p>A Health Assessment is available online or by phone to help you learn about your health status.</p> <p>Digital Health Coaching offers automated counseling to help you eat healthier, be more active, lower cholesterol, and more.</p> <p>A secure Personal Health Record keeps health information in one place.</p>	<p>800-817-7044</p> <p>www.shpnc.org</p> <p>Click on NC HealthSmart</p>
Get help quitting tobacco.	<p>QuitlineNC offers support by phone and FREE nicotine replacement patches when you talk to a Quit Coach® and enroll in the multi-call program. <i>Available 24 hours/7 days a week.</i></p> <p>All prescription medications[‡] and physician and behavioral health counseling are covered.[†]</p>	<p>800-QUIT-NOW (800-784-8669)</p> <p>www.QuitlineNC.org</p> <p>www.shpnc.org</p>
Eat healthy and manage my weight.	<p>Four in-network dietitian visits per year are covered for a primary care copay. Members with diabetes receive six free visits per year.[†] To find a dietitian, visit the Blue Cross and Blue Shield of North Carolina website. Click on "Find a Doctor" and search "Medical Specialists".</p> <p>FDA-approved weight management medications[‡] and bariatric surgery are covered. Restrictions apply.[†]</p> <p>Eat Smart, Move More, Weigh Less is a 15-week, live, interactive online weight management program proven to work.</p>	<p>www.bcbsnc.com</p> <p>www.shpnc.org</p> <p>www.esmmweighless.com</p>

[†]Refer to your Benefits Booklet at www.shpnc.org for additional information. [‡]Refer to the Preferred Drug List at www.shpnc.org/myPharmacyBenefits for details.

Members eligible for NC HealthSmart Services are members whose primary health coverage is through the State Health Plan. Federal and state law prohibits the State Health Plan from using your personal information to discriminate against you in any way, or from giving this information to your employer or other unauthorized third party unless required by law.