

March 2024



WHAT IS NCHIP?

Founded in 2018, the North Carolina Health Insurance Pool (NCHIP) is an intergovernmental agreement in which NC counties, cities, and towns band together to share the risk of high-cost health claims. Our members recognize the need for stability and long-term sustainability of their health plans, and NCHIP's financial model delivers a long-term solution.

**Welcome to the first issue of the
Wellbeing Newsletter!**

Each month, you can expect to find information and resources aimed at enhancing your overall wellbeing. From practical tips on maintaining a healthy balance to reminders on existing benefits and resources, and more. A healthy workforce is a happy and productive one, and we are committed to providing you with the tools and knowledge to achieve your personal wellness goals. Together we can create a healthier and happier workplace!

IMPORTANT REMINDERS

The deadline to complete the 2023-2024 Wellness Incentive is March 31, 2024. To receive the Wellness Credit you must complete a Health Screening with your Primary Care Physician (PCP) by the deadline. Human Resources has notified via email employees who still need to complete their Health Screening.

Lunch & Learn

**Tuesday, March 19, 2024
Gardening and Preserving**



FUEL FOR THE FUTURE

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HEALTHY HABITS FUEL GOOD HEALTH

When it comes to maintaining good health and preventing diseases, proper nutrition plays a vital role. The food we consume provides the necessary nutrients our bodies need to function optimally and ward off illnesses. Let's explore the importance of proper nutrition habits and fueling for good health.

Eat a Balanced Diet. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. This ensures that you receive a wide range of vitamins, minerals, antioxidants, and fiber, which are all crucial for maintaining good health and preventing chronic diseases.

Limit Processed Foods and Added Sugars. Processed foods and those high in added sugars offer little nutritional value and can contribute to various health problems. Opt for whole, unprocessed foods as much as possible and limit your intake of sugary snacks, sodas, and processed snacks.

Stay Hydrated. Water helps regulate body temperature, aids digestion, flushes out toxins, and keeps your skin healthy.

Focus on Nutrient-Dense Foods. These are foods that are rich in nutrients but relatively low in calories. Examples include leafy greens, colorful fruits and vegetables, nuts, seeds, legumes, and whole grains. These foods provide an abundance of vitamins, minerals, and antioxidants that support your immune system and overall health.

Practice Mindful Eating: Mindful eating involves paying attention to your food, savoring each bite, and eating with intention. Slow down and enjoy your meals, focusing on the flavors, textures, and sensations. This practice can help prevent overeating, improve digestion, and enhance your overall relationship with food.

GREEN GOODDESS DRESSING

Ingredients:

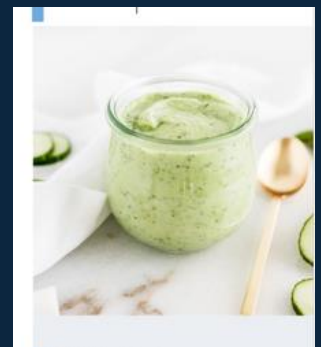
- 1 clove garlic
- 2 green onions, roughly chopped
- 1/4 cup cilantro leaves, loosely packed
- 1/4 cup parsley leaves, loosely packed
- 1/4 cup lemon juice
- 1/2 large avocado
- 1/2 cup plain Greek yogurt
- 1/4 tsp salt
- 1/4 tsp freshly cracked black pepper
- 1/4 to 1/2 cup water

Instructions

- Add all ingredients except for water to a food processor.
- Blend until smooth, adding water a little at a time as needed to reach desired consistency.
- Store dressing in an airtight container in the fridge for up to 1 week.

Nutrition Facts: Serving Size: 1 cup

- Calories: 308
- Fat: 20g
- Carbohydrate: 18g
- Fiber: 9g
- Protein: 16g



ESTABLISHING A PCP

BENEFITS OF ESTABLISHING A PRIMARY CARE PROVIDER

Having a primary care provider (PCP) is essential for maintaining good health and preventing potential medical issues. By establishing a relationship with a PCP you can ensure that you receive comprehensive care, early detection of health problems, and personalized guidance for a healthier life. A PCP serves as your main point of contact for all your healthcare needs, providing comprehensive care and coordinating specialized services when necessary. Below we explore the benefits of finding and establishing a PCP.

- **Continuity of Care:** A PCP offers continuity of care, meaning they have a comprehensive understanding of your medical history, current health status, and any ongoing treatments or medications. This knowledge allows them to provide personalized care and make informed decisions about your health.
- **Preventive Care:** A PCP plays a vital role in preventive care, focusing on early detection and intervention to prevent the development of chronic diseases. They can provide routine screenings, vaccinations, and lifestyle counseling to help you maintain optimal health.
- **Coordination of Care:** If you require specialized care or consultations with other healthcare providers, your PCP can coordinate these services, ensuring seamless communication and collaboration among different medical professionals involved in your care.
- **Health Maintenance:** Your PCP can help you manage chronic conditions, monitor your overall health, and provide guidance on healthy lifestyle choices. They can offer advice on nutrition, exercise, stress management, and other factors that contribute to your well-being.

FINDING A PCP WITH BCBSNC

Go to: www.bluecrossnc.com/members/find-care

Login to Blue Connect member portal.



TIPS FOR CHOOSING A NEW PRIMARY CARE PROVIDER

How to Find a PCP on Blue Connect:

- Once logged on to Blue Connect, click the Find Care tool from your homepage.
- Determine which doctors are “in-network”, by clicking on the Find a Doctor or Facility.
- Fill out the search page with your location or type of doctor you are looking for to meet your needs.
- A list of in-network doctors and facilities will populate within Blue Connect. You can click ***View Profile*** for more details on a specific provider.

Tips For How to Get Started:

- Ask for referrals and recommendations from friends, co-workers, family members, and other healthcare professionals.
- Think about logistics and if you want a doctor located close to home or work and language so you can communicate clearly and understand each other.
- Visit the doctor to ensure you are comfortable with them and the environment.

Get 3 visits free each plan year, no-copay, when you establish your PCP in Blue Connect.

REGISTERING A PCP ON BLUE CONNECT CAN EARN YOU RALLY COINS FOR BLUE REWARDS!

Benefit Spotlight - Blue Connect

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REGISTERING FOR BLUE CONNECT

Why Register for Blue Connect?

BlueCross and BlueShield NC wellness tools and programs support healthy living and a number of health conditions. Blue Connect goes well beyond member services and beyond giving you details about your health plan. It's a member self-service portal that puts the power of good health in your hands.

Already Registered for Blue Connect?

- Log in to BlueConnectNC.com
- Select Wellness from left hand navigation
- Connect to the Rally Wellness Portal

NOT Registered for Blue Connect?

- Make sure you have your BlueCross BlueShield of North Carolina (BlueCross NC) member ID card available to complete the registration process.
- Go to BlueConnectNC.com
- Click on **Register Now**
- Enter your member ID exactly as it appears on your ID card.
 - If the member ID includes letters, there will be between one and four letters.
 - There will always be between eight and 11 numbers.
- Enter your date of birth using two digits for month, two digits for date and four digits for year (MMDDYYYY)
- Enter your home ZIP Code
 - This must be the same ZIP Code that is in the BCBSNC records

FIND YOUR REWARDS



WELLNESS REWARDS PROGRAM - BLUE REWARDS

Build healthy habits and get rewarded for your efforts on a fun wellness portal, powered by Rally Health. There is something for every body! Earn rewards by completing health-related activities and achieving your goals.

- You can track your available activities in your personalized Blue Rewards portal.
- You can pick which activities sound fun, interesting or helpful to you.
- You can be rewarded for some activities more than once. See your Wellness Rewards program overview for details on each activity.
- You can still complete available activities after you've hit your total rewards amount, but you won't earn additional incentives.

BlueRewards™



Once you've registered for the wellness portal, all your activities will be added to your personal page. Be sure to download the Rally app for access anywhere, anytime.

RESOURCES TO KNOW

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Benefit	Vendor	Phone	Website
Medical	BCBSNC	877-275-9787	BlueCross BlueShield of NC
Blue Connect	BCBSNC	800-795-9402	Blue Connect
My Pregnancy Program <i>Download the My Pregnancy Blue Cross NC app to get started</i>	BCBSNC		My Pregnancy App
NCHIP Concierge	BCBSNC	800-795-9402	NCHIP Concierge
Mental Health/Substance Abuse	Headway / BCBSNC		Find a Therapist Headway
Medical Surgery Provider	SurgeryPlus	855-204-3922	SurgeryPlus
Teladoc	Teladoc / BCBSNC	800-835-2362	Teladoc
Livongo Solutions	Teladoc / BCBSNC	800-835-2362	Livongo

**HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!**

