NC HealthSmart
NORTH CAROLINA STATE EMPLOYEE PREVENTION PROGRAM

Purpose
To empower healthy members to stay healthy and to help those with chronic diseases or risk factors better manage their health

Target Population
NC HealthSmart services are available to members whose primary health insurance is through the North Carolina State Health Plan, and who are not on COBRA

Goals
• To encourage health promotion and education, and worksite wellness
• To enable members to take a Health-Risk Assessment (HRA)
• To encourage members to use the health coaching and Web site
• To help members with disease management and high-risk case management

Years in Operation
2005 – present

Structure and Operations
The HealthSmart integrated platform of tools and services includes:
• Preventive Care Benefits — Mammograms, colonoscopy and immunizations are provided at the lowest cost possible.
• Health Coaches — Specially trained health care professionals are available to speak with members about a variety of medical and lifestyle issues, such as diabetes and depression.
• HRA — Members who take the HRA will receive a personal action plan to help them identify their personal health risks.
• Disease and Case Management — To help members with chronic diseases or disease risk factors to manage their conditions better.
• Health Education Programs and Tools — A telephone audio library with more than 475 topics, free videos for members facing a major medical decision, and print information that can be sent to the member's home.
• NC HealthSmart Personal Health Portal, featuring WebMD® — Web-based programs are available to help members improve their health (e.g., smoking cessation).
• Worksite Wellness Programs — Tools to support the member in joining or starting a wellness program at work.

Funding
NC HealthSmart is part of the State Employee Health Plan.40

For More Information
Additional information is available online: http://statehealthplan.state.nc.us/nc-healthsmart.html