


ADDING DOCUMENTATION TO eBENEFITS

- Go to <https://ncat.hrintouch.com>
- Log in with your username and password




Welcome to HR InTouch!

Once you log in, you will find a powerful website with interactive tools and videos to help you learn more about the company, your benefits and other topics of interest. Using HR InTouch, we hope that you will find everything you need to make better healthcare and benefit decisions.

To retrieve your login ID or reset your password:
Select the **"Reset your account"** link to the right

For questions regarding benefits:
Please call [1-888-234-2416](tel:1-888-234-2416)

For login or navigational assistance:
Please call [1-855-859-0966](tel:1-855-859-0966)

 **Log in to your account**

Username*

Password*

[Log in](#)

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Supported Browsers
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- Use the link 'Click Here to View Your Benefits' to enter eEnroll

Home

QuickLinks

- State Health Plan Homepage
- NC Flex
- Teachers and State Retirement System
- NC Flex online
- Optional Retirement Program
- UNC System Voluntary 403(b) Retirement Program
- NC 401(k) and 457 Plans - Voluntary Supplemental Retirement Programs
- State Employees Association of North Carolina
- Workers Compensation
- Ameritas Post Tax Dental Plan
- Prudential Long Term Care Insurance
- Colonial Life Insurance
- Prepaid Legal

Welcome to HR InTouch

This site is your online portal for your health benefit plan offered through the North Carolina State Health Plan for Teachers and State Employees. Here you can enroll, make changes to your health benefit plan, or your personal data, and access tools and information to help you have a better understanding of your benefits. This site will grow and change over time, so check back regularly.

The State Health Plan's mission is to provide quality health care products and services for the health and well-being of North Carolina teachers, state employees, retirees and their dependents.

The Plan offers members a dedicated website at www.shpnc.org. To learn detailed information on the specific plans offered by the Plan and to view the benefits booklets, visit the [My Medical Benefits](#) page. If you are trying to decide which plan is best for you, the [My Medical Benefits](#) page provides a comparison of the contribution rates and benefits between the plans. To learn more about the prescription benefits available, visit the [My Pharmacy](#) Benefits page. With [Member Services](#), you can register to have access to a protected online resource that will allow you to complete a variety of self-service tasks, 24 hours a day. Find all the forms you need to communicate with the State Health Plan listed under [Important Forms](#).

Through healthy living initiatives, such as [NC HealthSmart](#), the Plan has designed a wealth of resources to help eligible members make healthy lifestyle choices. Login to the Personal Health Portal to take a Health Assessment (HA) and receive an Action Plan; explore condition centers, like back pain or diabetes; and learn about lifestyle programs. Subscribe to the State Health Plan e-newsletter, Member Focus, to keep up-to-date on your pharmacy and health benefits. You'll also get monthly tips on how to stay healthy and save money – plus recipes and more. Sign up today at www.shpnc.org.

Enroll Now!

[Click Here to View Your Benefits](#)

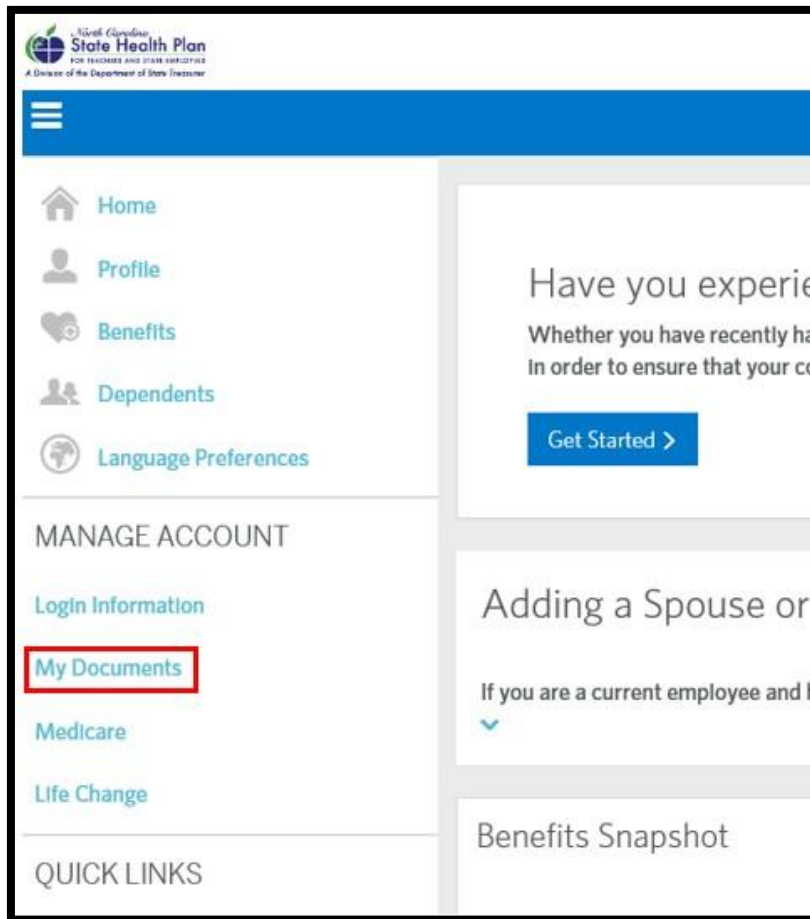
Featured Links

- SHP Rate Information**
Find information on plan rates here

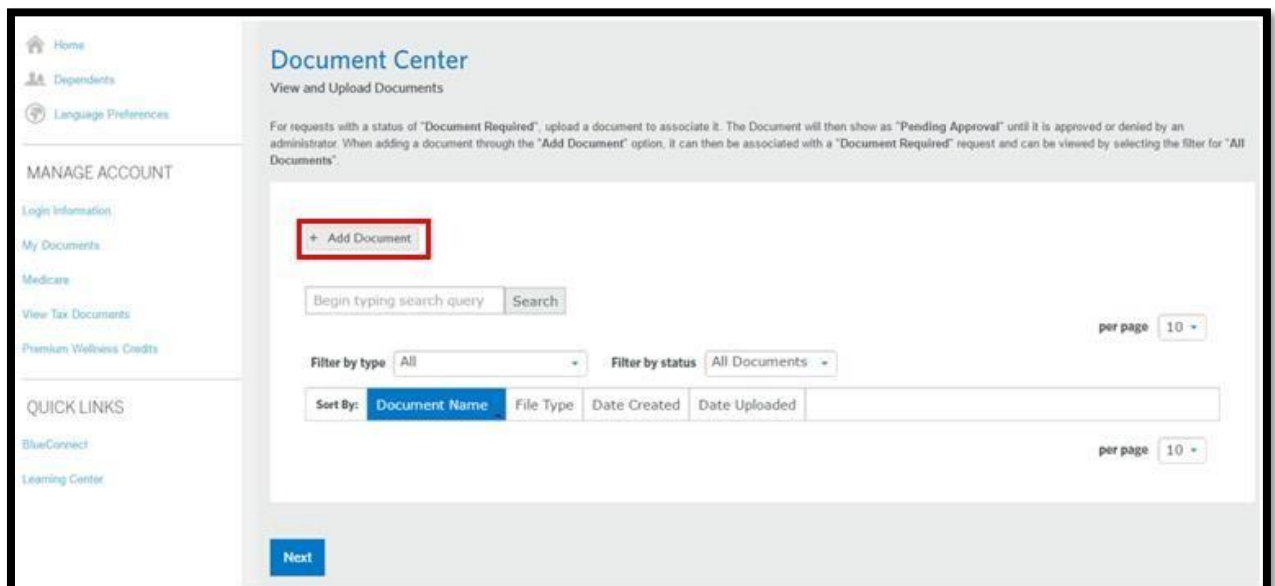
Featured Pages

- Take as Directed**
Please view this video for further information on your Pharmacy Benefit

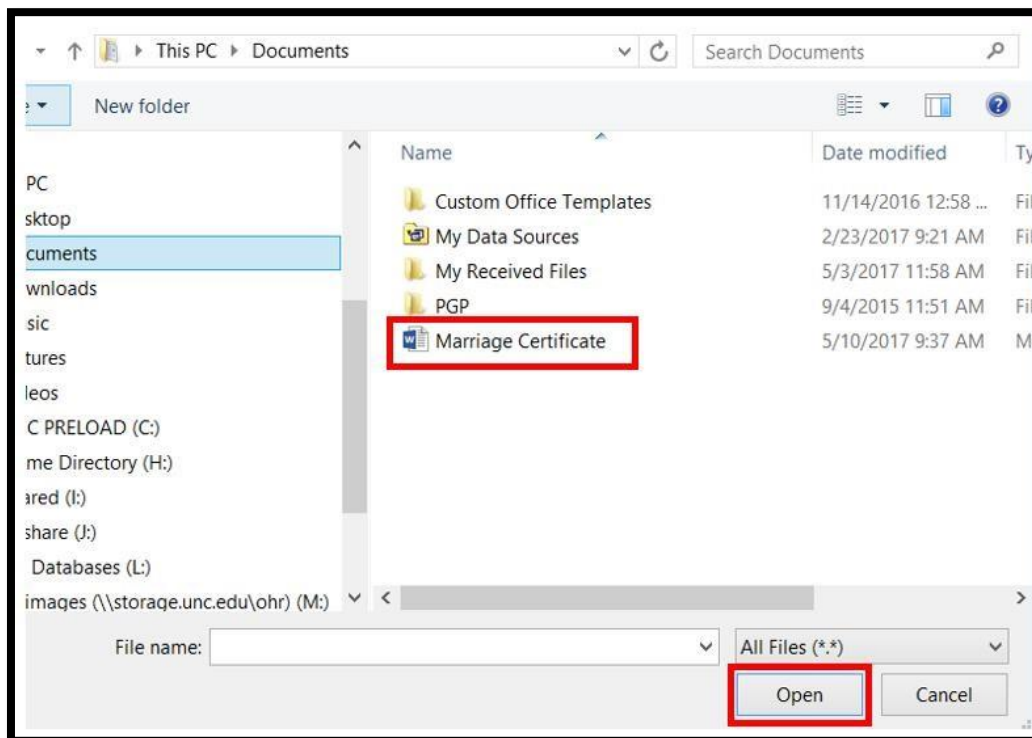
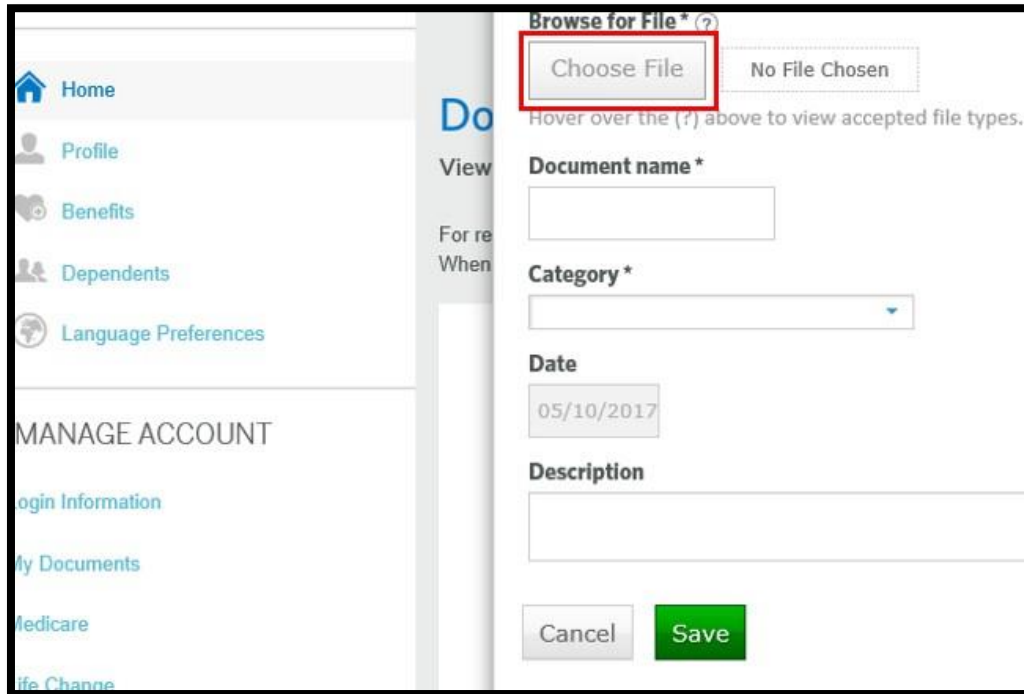
- Click on **My Documents** (left-hand side of the webpage under **Manage Account**)



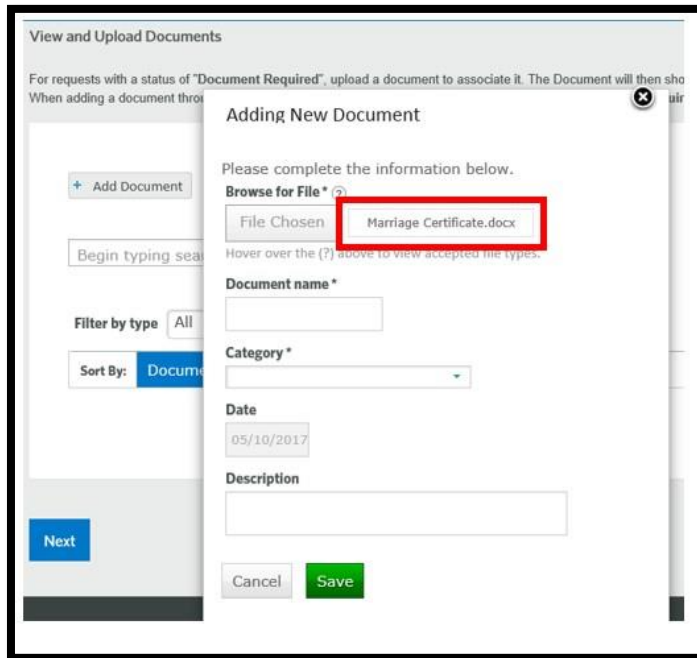
- Click on button to **+ Add Document**



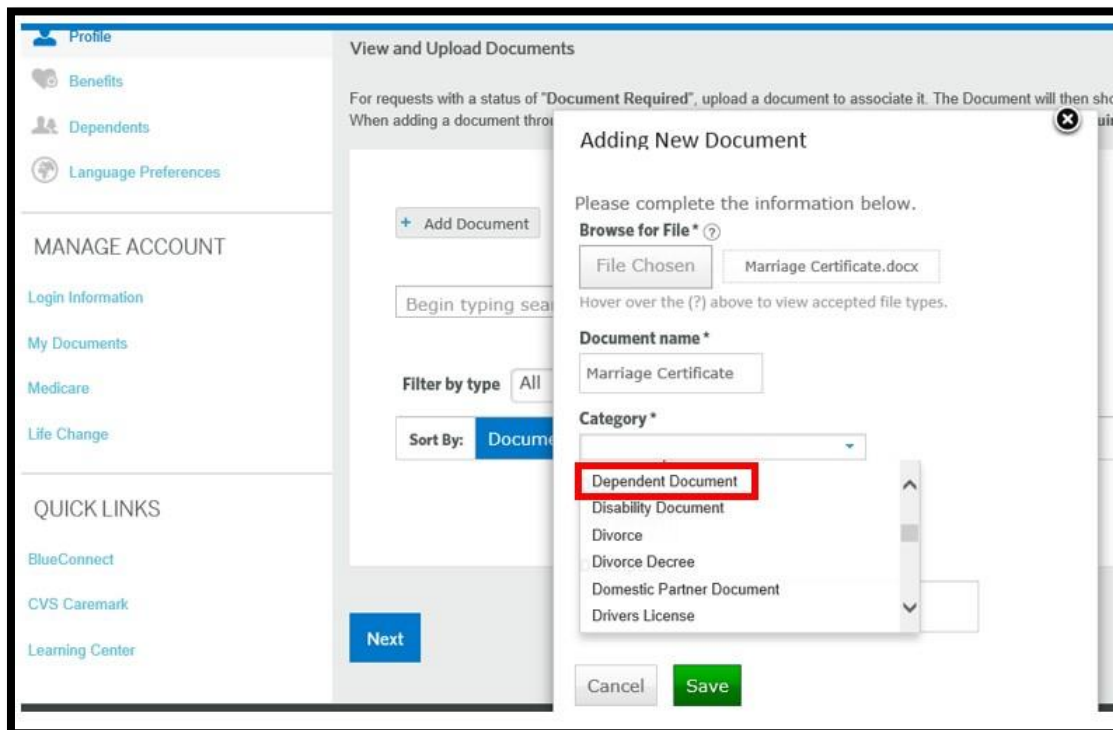
- Under Browse for File, select Choose File and load a file from your PC



- When the document loads the file name will appear, indicating the file was accepted



- Add Document Name (i.e. copy of marriage certificate)
- Click on the drop-down list under Category* and select 'Dependent Document'



- Enter brief description and hit the save button.

View and Upload Documents

For requests with a status of "Document Required", upload a document to associate it. The Doc
When adding a document thro

Adding New Document

Please complete the information below.

Browse for File * ?

File Chosen Marriage Certificate.docx

Hover over the (?) above to view accepted file types.

Document name *

Marriage Certificate

Category *

Dependent Document

Date

05/10/2017

Description

Save

Cancel

Next

MANAGE ACCOUNT

- Profile
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- Language Preferences

QUICK LINKS

- BlueConnect
- CVS Caremark
- Learning Center

Filter by type All

Sort By: Document

+ Add Document

Begin typing search