

MINISTRONE SOUP

Ingredients:

- ❑ 2 tablespoons extra-virgin olive oil
- ❑ 1 large onion, diced
- ❑ 4 cloves garlic, minced
- ❑ 2 stalks celery, diced
- ❑ 1 large carrot, diced
- ❑ 1/3 pound green beans, trimmed and cut into 1/2-inch pieces (about 1 1/2 cups)
- ❑ 1 teaspoon dried oregano
- ❑ 1 teaspoon dried basil
- ❑ Kosher salt and freshly ground pepper
- ❑ 1 28-ounce can no-salt-added diced tomatoes
- ❑ 1 14-ounce can crushed tomatoes
- ❑ 6 cups low-sodium chicken broth
- ❑ 1 15-ounce can low-sodium kidney beans, drained and rinsed
- ❑ 1 cup elbow pasta
- ❑ 1/3 cup finely grated parmesan cheese
- ❑ 2 tablespoons chopped fresh basil



Preparation:

Heat olive oil in a large pot over medium-high heat. Add onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.

Season with salt. Ladle into bowls and top with the parmesan and chopped basil.

Total: 45 min; **Prep:** 15 min; **Cook:** 30 min; **Yield:** 6 servings; **Level:** Easy
Calories: 260

<http://www.foodnetwork.com/recipes/ellie-krieger/minestrone-soup-recipe>

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Wim & Wiger

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Director's Note

Stacy Lane - JPA Director

Welcome to 2018! There are a few things to keep in mind as we begin the new year:

Health Screenings-

The schedule for the **FREE** 2018 Health Screening Program is listed on the inside section of this month's newsletter. This program is available to all members of our Medical program and their eligible spouse/partner. In addition to several thousand dollars worth of free blood tests, there are other tests that are available for you to purchase for a nominal fee. Keep in mind that this year's program now includes a free A1C test for all participants. This is the key test used to screen for and diagnose diabetes and prediabetes. Please note that this year's screenings will begin in mid March and will run through mid May. To sign up for the program, please call the listed contact for your desired location. An enrollment packet will be emailed to you. You are free to attend a screening at any location that best works for your schedule.

Livongo Rollout-

If you currently are treating for diabetes with medicine or blood testing supplies, you should have received an invitation to sign up for our Livongo diabetes management program. Official enrollment begins on January 1st. Please follow the instructions that were mailed to you on how to sign up. This program is completely voluntary and you are not required to participate.

Deductible/Annual Maximum Reset- January is the month in which your annual deductible and annual maximums reset. You will need to meet your deductible before any 2018 claims are paid. If you did not submit any dental claims in 2017, your incentive level will drop by 10%. If you receive an Explanation of Benefits (EOB) or provider bill that does not look correct, feel free to give our office a call at 707-445-7126 and we will be more than happy to help you review it.

HAPPY
New Year
2018

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

HEALTHY LIVING TIPS FROM DR. OZ

1. Stretch! Morning is best for an energizing yoga-based workout that includes forward bends. It helps focus the mind and provides an adrenaline boost.

2. Take 10,000 steps. Walking elevates your mood, challenges your heart, and can even help reduce food cravings. Wear a pedometer and strive to take at least 10,000 steps a day, including one brisk 30-minute walk or three 10-minute walks.

3. Floss. Taking care of your teeth and gums is not only good for your mouth! Unloved gums can spread bacteria to the bloodstream and lead to inflammation and heart disease. Also try a sonic toothbrush—they do make a difference.

4. Not a fish fan? Get omega-3s from plants. The fatty acids found in cold-water fish like salmon, mackerel and herring help maintain optimal levels of HDL (good) cholesterol, and lower LDL ("bad") cholesterol. But if you're not a fish eater, pop an algae-based omega-3 supplement that contains the same omegas as fish oil.

5. Drink filtered tap water. Many people get thirst and hunger confused, causing them to snack when they're thirsty. The solution: Drink cold water—it quenches thirst, helps you feel full, and keeps your body operating at full capacity.

6. Break your multivitamin in half. To get a steady supply of vitamins and minerals all day, take one-half of a multivitamin with breakfast and the other with dinner. Don't take them right before bed—the B vitamins can disrupt your sleep. If your multivitamin has less than 1,000 IU of vitamin D, take a D supplement as well—and read the label carefully to make sure it's D3, the most easily absorbed form.



7. Kick the sugar habit. White sugar and high-fructose corn syrup have almost no nutritional value, and over-consuming them increases your risk of obesity, heart disease and even depression. Carry apples, carrots and nuts with you so you're prepared when cravings strike. Skip energy bars and drinks—they don't provide the same sustained energy that fresh foods do.

8. Make television work for you. If you're going to flip on the TV, you should exercise while you watch. Not everyone has a treadmill, but working out with light (three-pound) dumbbells or even walking in place is better than simply sitting.

9. Take a nap. Getting less than seven hours of sleep at night triggers higher levels of the stress hormone cortisol, which can lead to weight gain and depression. A 20-minute midday nap can do wonders. No time for that? You can sleep more easily at night by turning off the TV and computer at least an hour before bedtime—bright lights can fool your body into staying awake.

10. Do Good! "One of the best ways to fight stress in your life is to do something good for someone else—an act of love or generosity."

2018 HEALTH SCREENING LOCATIONS

Date	Time	Screening Location	Contact for Signup
Tuesday, 3/13/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 3/15/18	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station	Doreen Anello (707) 839-1549 x 1004
Tuesday, 3/20/18	6:00 - 9:30 AM	Fortuna Union High School - Foyer of Damon Gym	Kelly Pedrotti (707) 725-4461 ext. 3011
Thursday, 3/22/18	6:30 - 10:00 AM	College of the Redwoods - Student Services Building	Tina Wahlund (707) 476-4142
Tuesday, 3/27/18	6:00 - 9:30 AM	Arcata High School - Fine Arts Building	Tammy Pires (707) 839-6481
Thursday, 3/29/18	6:00 - 10:00 AM	Del Norte District Office - Azalea Room - Crescent City	Kristin Bergren (707) 464-0244
Tuesday, 4/3/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 4/5/18	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station	Doreen Anello (707) 839-1549 ext. 1004
Tuesday, 4/10/18	6:00 - 9:00 AM	Toddy Thomas Elementary - Computer Lab	Vince Zinselmeir (707) 725-5197
Thursday, 4/12/18	7:00 - 9:00 AM	Ferndale High School Library	Denise Grinsell (707) 786-5900
Tuesday, 4/24/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 4/26/18	6:00 - 10:00 AM	Southern Humboldt South Forth High School - Library	Brandy Pancoast (707) 943-1789
Tuesday, 5/1/18	6:45 - 10:00 AM	Klamath Trinity District Office	Ginger Reeves (530) 625-5600 #1, ext. 1005
Thursday, 5/3/18	7:30 - 9:00 AM	Mattole Elementary - District Office	Lauren Gothe (707) 629-3311
Monday, 5/7/18	6:00 - 9:00 AM	Butte Valley High School - Library	Sheilah Reynolds (530) 397-4000
Tuesday, 5/8/18	6:00 - 9:00 AM	Yreka Elementary School - Jackson Street Elementary - K1 Room	Donna Tudor (530) 842-1168
Wednesday, 5/9/18	6:30 - 9:00 AM	Mt. Shasta High School	Jackie May (530) 926-3006
Thursday, 5/10/18	6:30 - 9:30 AM	Middletown High School - Tallman Gym Foyer	Kriss Davis (707) 987-4100
Tuesday, 5/15/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 5/17/18	6:30 - 8:30 AM	Happy Camp High School	Jackie May (530) 926-3006