

## Salmon & Fall Vegetables with Bagna Cauda

### Ingredients:

- 1 pound fingerling potatoes, halved if large, and/or sweet potato, cut into ½-inch-thick wedges
- 1 bunch broccolini, trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 pound salmon
- 1 small fennel bulb, cut into ½-inch-thick wedges, fronds reserved
- 2 medium heads Belgian endive, leaves separated
- ½ small head radicchio, cut into ½-inch-thick wedges
- Bagna Cauda
- ½ cup extra-virgin olive oil
- 2 cloves garlic, very thinly sliced
- 8 anchovy fillets



- 2 tablespoons sherry vinegar
- 1 tablespoon butter

### Preparation: - Prep 40 m Ready in 40 m - Serves 4

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss potatoes (and/or sweet potato) and broccolini in a large bowl with 1 tablespoon oil and ¼ teaspoon salt. Transfer the potatoes to the prepared baking sheet (leave the broccolini in the bowl). Roast the potatoes, turning once halfway, for 15 minutes.
3. Push the potatoes to the edges of the baking sheet. Place salmon in the middle of the pan and season with the remaining ¼ teaspoon salt. Arrange the broccolini around the salmon. Roast until the vegetables are tender and the salmon is just cooked through, 6 to 10 minutes.
4. Meanwhile, to prepare bagna cauda: Heat oil and garlic in a small saucepan over medium-low heat until the garlic is fragrant, about 2 minutes. Add anchovies and lightly crush until they flake apart. Add vinegar and butter; cook over very low heat, stirring often, for 2 minutes more.
5. Arrange the salmon, potatoes and broccolini with fennel, endive and radicchio on a platter. Garnish with the reserved fennel fronds, if desired. Serve with the bagna cauda for dipping or drizzling.

•Egg Free •Nut-Free •Soy-Free •Gluten-Free

<http://www.eatingwell.com/recipe/259636/salmon-fall-vegetables-with-bagna-cauda/>



# Wim & Wiger

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## Director's Note

Stacy Lane - JPA Director

### Out-of-Network Claims

There are times when the providers we choose to see are out of the Blue Shield of California PPO network (or BlueCard, if you're out of California). While your plan will still pay a portion of the claim, there is no contract with Blue Shield that forces an out-of-network provider to bill your claim for you. Personally, I have one provider I see that is not contracted with any insurance carrier. I am required to pay for the cost of the visit in full, then seek reimbursement myself. Since it is a manual process, and not filed electronically, it may take two to three weeks for the claim to be processed by Blue Shield.

So how do I self-bill? It's easy! If you're lucky, your out-of-network provider may bill Blue Shield for you and not charge you anything until the claim is processed. Please note, since the provider is not contracted with Blue Shield, they cannot legally send the check to the provider. The check will be sent directly to your home. You will need to deposit the check and pay the provider in full. Alternatively, you may have to bill Blue Shield directly if your provider will not do so for you. Before you leave the doctor's office, make sure you obtain a billing form or

receipt that details basic claim information such as your name, doctor name/address, diagnosis code(s), procedure code(s), date of service, etc. The billing information is an industry standard, so your doctor should be familiar with what is needed. Once you receive this form, you can complete the Blue Shield "Subscriber's Statement of Claim" and submit it directly to Blue Shield (<http://ncsmig.org/PDF/CLM14850.pdf>). Make sure you attach a copy of the bill and keep a copy of both the claim form and the billing form for yourself. Mail it to the address listed on the form and your claim should be processed within a few weeks.

While rare, you may also experience out-of-network claims with our other vendors. The same process applies for those claims as well. As a tip, wait a week or so after you submit your claim to the vendor, then call and make sure it was received. While it may take a few weeks to process the claim, it's best to make sure it was indeed received and in the queue to be processed. If you have any questions, please feel free to give us a call at 707-445-7126 and we'd be more than happy to walk you through the process.

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## OCTOBER IS BREAST CANCER AWARENESS MONTH

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**The Breast Cancer Myth:** Finding a lump in your breast means you have breast cancer.

**The Truth:** Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.

**The Breast Cancer Myth:** Men do not get breast cancer; it affects women only.

**The Truth:** Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

**The Breast Cancer Myth:** A mammogram can cause breast cancer to spread.

**The Truth:** A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread. According to the National Cancer Institute, "The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low." The standard recommendation is an annual mammographic screening for women beginning at age 40.

<http://www.nationalbreastcancer.org/breast-cancer-myths>

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**The Breast Cancer Myth:** If you have a family history of breast cancer, you are likely to develop breast cancer, too.

**The Truth:** While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

**The Breast Cancer Myth:** Breast cancer is contagious.

**The Truth:** You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth of mutated cells that begin to spread into other tissues within the breast. However, you can reduce your risk by practicing a healthy lifestyle, being aware of the risk factors, and following an early detection plan so that you will be diagnosed early if breast cancer were to occur.

**The Breast Cancer Myth:** If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.

**The Truth:** According to the National Cancer Institute, regarding families who are known to carry BRCA1 or BRCA2, "not every woman in such families carries a harmful BRCA1 or BRCA2 mutation, and not every cancer in such families is linked to a harmful mutation in one of these genes. Furthermore, not every woman who has a harmful BRCA1 or BRCA2 mutation will develop breast and/or ovarian cancer. But, a woman who has inherited a harmful mutation in BRCA1 or BRCA2 is about five times more likely to develop breast cancer than a woman who does not have such a mutation."

**The Breast Cancer Myth:** Antiperspirants and deodorants cause breast cancer.

**The Truth:** Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

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## FLU SEASON IS UPON US

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### A Few New Things This Season

While flu comes and goes each year, flu viruses are constantly changing, and different flu viruses can circulate and cause illness each season. Flu vaccines are made each year to protect against viruses that research indicates will be most common. The 2016-2017 flu vaccines have been updated from last season's vaccines to better match circulating viruses. Something else that's new for 2016-2017 is that CDC **only** recommends people get injectable flu vaccines (flu shots) this season. There are still many different vaccine options this season. Some flu shots protect against three flu viruses and some protect against four flu viruses. CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2016-2017. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017. Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available.

### Vaccine Safety

A common misconception is that flu vaccines can give you the flu. They cannot. The most common side effects from a flu shot are soreness, redness and/or swelling where the shot was given, fever, and/or muscle aches. These side effects are NOT the flu. If you do experience any side effects, they are usually mild and short-lived, especially when compared to symptoms of a bad case of flu. In fact, flu vaccines are among the safest medical



products in use. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of flu vaccines. CDC and the Food and Drug Administration (FDA) closely monitor the safety of vaccines approved for use in the United States.

The bottom line is that flu vaccines can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Isn't it worth a shot?

For more information on flu vaccine side effects, visit [Key Facts About Seasonal Flu Vaccine \(https://www.cdc.gov/flu/protect/keyfacts.htm\)](https://www.cdc.gov/flu/protect/keyfacts.htm).

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