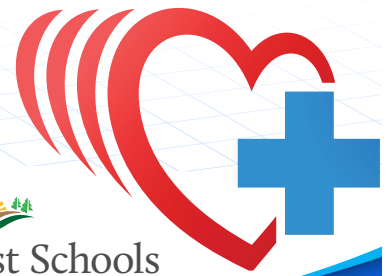


# The Pulse



Fall 2022

North Coast Schools  
Medical Insurance Group

## Health Screening Program

Our annual Health Screening kicked off on September 20, 2022 and runs through November 8, 2022. Our FREE comprehensive Health Screening includes height, weight and blood pressure measurements, a take home occult blood test and a choice of the TSH (Thyroid stimulating hormone) test or CRP (C-reactive protein) test for heart attack or stroke risk. It also includes over 50 blood tests, including a comprehensive blood panel, metabolic panel, tests to check liver and kidney function, cholesterol, platelet counts, Glycohemoglobin A1C and more! Many additional tests are offered at the participant's own cost (payable to On-Call Tech Services).

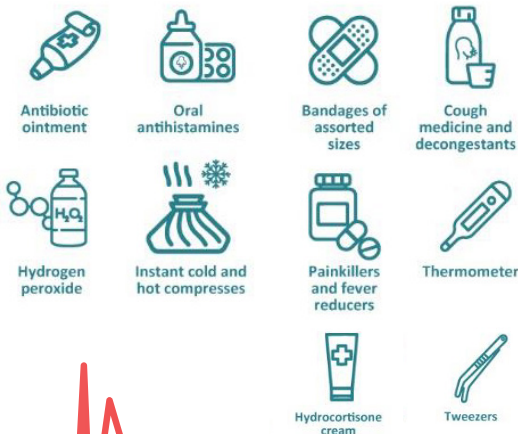
The annual Health Screening provides our members with the opportunity to check-in on their overall health.

This benefit is not only free to our members, but also assists in keeping the medical costs of our program down by catching potentially life-threatening conditions early. We provide a full range of tests for our plan members and their spouse or partner. This screening is offered FREE to NCSMIG Medical plan members and their enrolled spouses or domestic partners only; tests are not offered to dependent children.

Members are free to attend a screening at any location listed on the enclosed schedule. Please call the number listed for that location to sign up for a time slot. If you are able to take a later time, we ask that you do so in order to accommodate those employees that must drive buses or be at school early. If you have any questions about the program, please feel free to give our office a call at 707-445-7126.

DATE	TIME	LOCATION	CONTACT
Thursday, 10/20/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126
Tuesday, 10/25/22	7:00 - 9:00 AM	Ferndale High School - Library	Denise Grinsell (707) 786-5900
Tuesday, 11/1/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126
Thursday, 11/3/22	6:00 - 9:00 AM	Walker Elementary (South Fortuna)	Helen Nelson (707) 725-2293
Tuesday, 11/8/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126
Thursday, 11/10/22	6:00 - 8:15 AM	Arcata High School Fine Arts Building	Tammy Pires (707) 839-6481

## Medicine Cabinet Essentials



## What's In Your Medicine Cabinet

Nearly 3 in 4 people (74%) admit that they often forget to replace their expired products. When it comes to handling illnesses or injuries in your home, it's essential to be prepared with a well-stocked and up-to-date medicine cabinet. That way, you'll be able to respond quickly to help yourself or others when accidents occur. As the seasons change, now is a great time to check the expiration dates of medicine cabinet items and refresh them as needed. It's also important to make sure you have any cold and flu-related items on hand. Check out the infographic for a list of medicine cabinet essentials, and make it a habit to check expiration dates every three months so you're always prepared.

North Coast Schools Medical Insurance Group

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## Your Best Protection Against Flu

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die. The Centers for Disease Control and Prevention (CDC) and public health professionals, recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death. A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that the flu vaccine not only protects you, but it also can help protect those around you.

### FLU VACCINE REDUCES YOUR RISK OF FLU

CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020. Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine. While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization. Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are at higher risk for serious flu illness.

### FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.



Visit [blueshieldca.com/Teladoc](https://blueshieldca.com/Teladoc) Call 1-800-TELADOC (835-2362) | Download the app  
Set up your account today to talk to a U.S.-licensed physician for non-emergency medical conditions like the flu, sinus infections, bronchitis, and much more. Skip the trip to the waiting room. With Teladoc, you can talk with a doctor within an hour by phone or app from wherever you are.

## Know Your Care Options

### TELADOC

For non-emergency conditions like the flu, allergies, infections, and much more. Our doctors can also prescribe medicine, if needed.

### GENERAL PRACTITIONER

For annual exams and ongoing medical conditions needing regular monitoring.

### URGENT CARE/ER

For severe conditions like chest pain, sprains, cuts, burns, or broken bones.

**Blue Shield 24/7 Nurse Line: 1-877-304-0504**

**Teladoc 24/7 Physicians: 1-800-835-2362**



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