

# The Pulse



Fall 2020

North Coast Schools  
Medical Insurance Group

## A Note from the JPA:

Hello and Happy Fall to our members! It's hard to believe that we are already diving into November, with 2021 just around the bend. During these cooler seasons it is more important than ever to focus on your health and wellness. We've taken the opportunity in this edition of The Pulse to highlight a few of the programs that are available to members of the North Coast Schools Medical Insurance Group.

In 1948, the World Health Organization defined health with a phrase that still applies in today's world: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

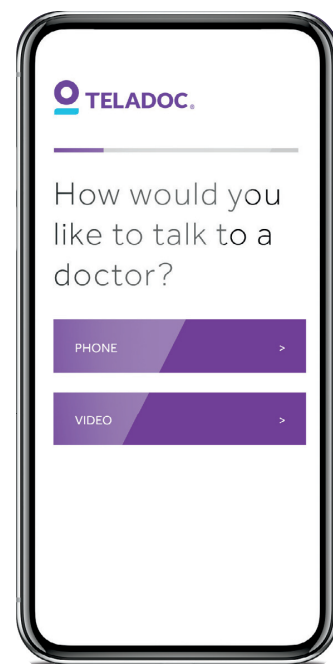
From virtual medical or behavioral health visits with Teladoc, to a plethora of available resources through our Employee Assistance Program, we have you covered! The overall good health of our membership is the ultimate goal and our talented team is always eager to assist with any questions

that you might have regarding these programs and more.

## Blue Shield of California offers Teladoc

**Access to licensed doctors 24/7 by phone or video.** Get care when and where you need it through your Blue Shield health plan. As a Blue Shield member, you have access to Teladoc's national network of U.S. board-certified physicians, licensed in California. Whenever you need care.

**Get started with Teladoc.** Set up your account by visiting [www.teladoc.com/bsc](http://www.teladoc.com/bsc), complete the required information, and click on Set up account. You can also call Teladoc at 1-800-Teladoc (835-2362) for help. You will be asked to provide medical history. Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis. Web: Log in to [www.teladoc.com/bsc](http://www.teladoc.com/bsc) and click Update medical history.



**Talk to a doctor  
anytime by  
phone or video**

***It is easy to get started***

***Copays currently waived!***

### Mobile

From your phone, download the Teladoc app. Login, go to the menu icon on the top left, and click *Medical Info*

### Phone

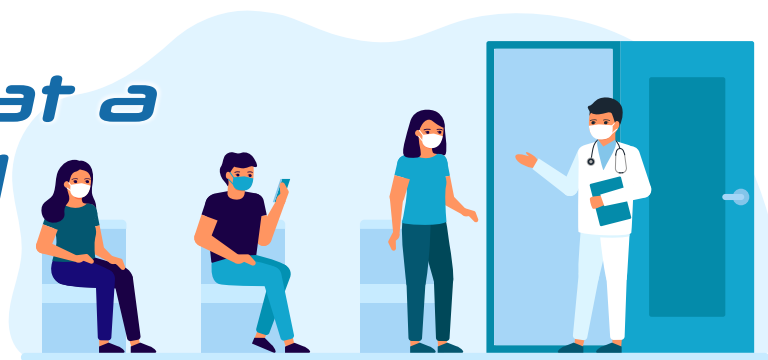
Complete your medical history over the phone by calling 1-800-Teladoc (835-2362). Once your account is set up, request a consult anytime you need care.

North Coast Schools Medical Insurance Group

901 Myrtle Avenue • Eureka, CA 95501 • (707) 445-7126 • [ncsmig.org](http://ncsmig.org)



## Get Vaccines at a Network Retail Pharmacy



The next time you're at the pharmacy, think about getting or updating your vaccinations. Our large network of retail pharmacies can give some vaccines to members at no extra charge. These vaccines are part of your preventive health benefits and can stop some health problems before they start. You don't need a prescription to get them and you still have the option to get these vaccines at your doctor's office, instead of at a pharmacy, if you prefer. Vaccines are covered in accordance with guidelines established by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC).

For more information about these vaccines and how to get them, call the customer service number on your Blue Shield member ID card.

### Participating major chain pharmacies (all locations, nationwide)

Albertsons  
Kroger  
Walgreens

Costco  
Raley's  
Walmart

CVS and CVS Pharmacy at Target  
Ralphs  
Rite Aid  
Safeway

Kmart  
Vons

## Help for What Matters Most

WorkLifeMatters **Employee Assistance Program** offers services to help promote well-being and enhance the quality of life for you and your family. Support and guidance is available online for assistance with a variety of family and personal issues at [ibhworklife.com](http://ibhworklife.com) and by phone at 1-800-386-7055.

### Health

Healthy Living  
Stress Management  
Mental Health  
Diet and Fitness  
Overall Wellness

### Family

Parenting Support  
Child and Elder Care  
Learning Programs  
Special Needs Help

### Financial

Legal Issues  
Will Preparation  
Taxes and Debt  
ID Theft Services  
Financial Planning  
Tools and Assistance

**Email:** [eapcounselor@ibhcorp.com](mailto:eapcounselor@ibhcorp.com)

**Phone:** 1-800-386-7055

Available 24 hours a day, 7 days a week

**Web:** [ibhworklife.com](http://ibhworklife.com)

**User name:** Matters

**Password:** wlm70101

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

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

blue  
of california

**Blue Shield of California**  
[www.blueshieldca.com](http://www.blueshieldca.com) • 855-256-9404

**CVS**  
**CAREMARK**

**CVS/Caremark**  
[www.caremark.com](http://www.caremark.com) • 844-207-2081

vsp  
Vision care for life

**Vision Service Plan VSP**  
[www.vsp.com](http://www.vsp.com) • 800-877-7195

**Guardian**

**Guardian Dental**  
[www.guardiananytime.com](http://www.guardiananytime.com) • 800-541-7846