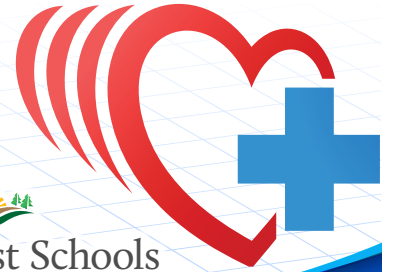


The Pulse



Spring 2026

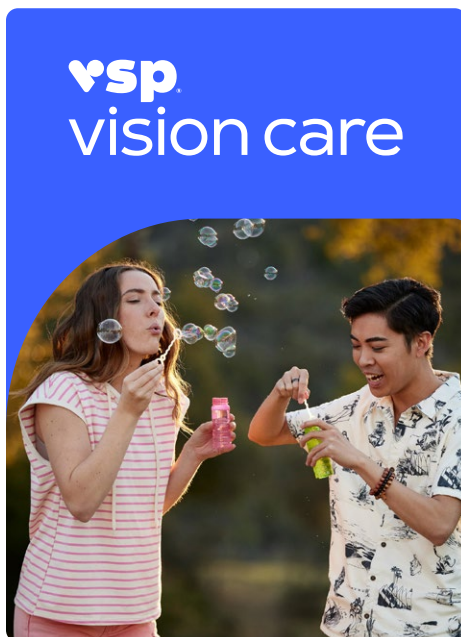
North Coast Schools
Medical Insurance Group

Open Enrollment May 1-15

The NCSMIG Open Enrollment period will be **May 1st through May 15th**, with an effective date of July 1st. We are once again offering the online employee self-service system, MyHealthBenefits (MHB), to streamline the process! Active employees that are currently enrolled in benefits are required to use the MHB portal. Please note that retirees, COBRA members, or those enrolling for the first time do not have access to the MHB portal and instead must submit a change form to the district. All changes must be submitted to NCSMIG by Friday, May 15th at 5pm. **No late changes or enrollments will be accepted after the deadline.** Members should contact their district directly for rates and additional information.



Eyeconic - VSP



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Your VSP vision benefit includes [Eyeconic.com](https://www.eyeconic.com), VSP's preferred online retailer, combining the convenience of online shopping with personalized care from VSP doctors.

Why Shop Eyeconic?

- Huge selection of designer frames and contact lenses available 24/7
- Virtual Try-On tool to find your perfect fit
- Free shipping and returns*
- Free frame adjustments and contact lens consultations
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- **20% off out-of-pocket expenses** after your frame allowance (VSP members save 20% on all glasses and sunglasses)

How to Use Your VSP Benefit:

1. **Create an account** at [vsp.com](https://www.vsp.com) to review your coverage and eligibility
2. **Find a VSP provider** near you at [vsp.com](https://www.vsp.com) or call 800.877.7195
3. **Browse Eyeconic** and connect your VSP benefits at checkout—upload your prescription and order glasses after your WellVision Exam®

Shop smart with your vision benefits at [eyeconic.com](https://www.eyeconic.com)!



North Coast Schools Medical Insurance Group

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EAP - Employee Assistance Program



ComPsych GuidanceResources is our EAP provider, offering confidential support and resources at no cost to you and your household members.

Services Include:

Confidential Counseling – 3 face-to-face or virtual sessions per person, per issue, per year for stress, anxiety, relationship concerns, grief, substance use, and more.

Work-Life Support – Get help finding childcare, eldercare, movers, pet care, college planning, home repair, and more.

Legal Guidance – Free 30-minute consultation with qualified attorneys, plus 25% discount on legal fees for issues like divorce, real estate, debt, and more.

Financial Assistance – Expert guidance on budgeting, debt management, taxes, and financial planning.

Wellness Coaching – 3-5 flexible sessions for tobacco cessation, weight management, sleep improvement, diabetes prevention, and more.

Online Resources – Access articles, videos, self-assessments, will preparation tools, and on-demand trainings at www.guidanceresources.com.

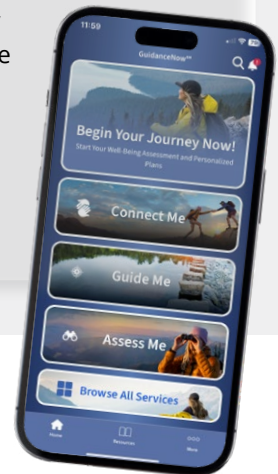
24/7 Support Available

Call: (855) 239-0743

TRS: Dial 711

Online: guidanceresources.com

All services are completely confidential. We encourage you to explore everything GuidanceResources has to offer!



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

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