

The Pulse



Winter 2023

North Coast Schools
Medical Insurance Group

Introducing Maven Maternity

Maven Maternity is a 24/7 virtual care program designed to support members during and after pregnancy. Members can use Maven to book coaching and educational video appointments with providers across more than 30 specialties, including OB-GYNs, mental health specialists, and sleep coaches. There is no additional cost for NCSMIG members to access Maven, and it is also available to partners enrolled on the medical plan.

Maven Maternity offers:

- **On-demand virtual appointments** with Maven OB-GYNs, lactation consultants, mental health specialists, nutritionists, doulas, career coaches, and many others.
- **Your own Care Advocate** who can provide personalized, one-on-one support to help answer questions, navigate your health plan benefits, get connected to the right resources for your needs, and find in-person care when you need it.
- **Educational content and resources** including virtual classes, helpful articles, and community forums.

You can sign up today by visiting www.blueshieldca.com/maternity



January is National Blood Donor Month

Winter is one of the most challenging times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January. This year's national health observance comes as the nation's blood supply has dropped to concerning levels and could delay essential blood and platelet transfusions. Blood donors of all blood types—particularly type O blood—are needed to give blood or platelets to help meet daily hospital demands. It's vital to have plenty of blood banked to meet the demand. Blood is needed for surgeries, traumatic injuries, cancer treatment and chronic illnesses. On a daily basis, roughly 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma are required. Blood and platelets cannot be made synthetically, making voluntary donations necessary.

The Benefits of Being a Blood Donor

This month, resolve to be a blood donor and consider the following health benefits of donating blood regularly:

- **Health problems detection** – Donated blood is tested to determine if any irregularities were found. You're also required to undergo a quick health screening before giving blood.
- **Reduced heart disease risks** – Donating can help eliminate any excess buildup of iron in the blood, lowering your risk for a heart attack.
- **Caloris burn** – The blood donation process can burn up to 650 calories.
- **Mental health boost** – Not only are there physical benefits of donating but volunteering to help others can release dopamine and help combat depression and increase your confidence. Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' requirements to donate blood safely.

Additionally, each state has its own requirements for the minimum age to donate. Talk to your doctor if you have questions.



North Coast Schools Medical Insurance Group

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CORONAVIRUS COVID-19



**IF YOU FEEL SICK
OR HAVE BEEN EXPOSED TO INFECTION**

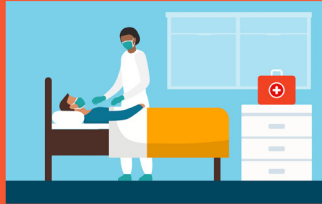


**STAY AT HOME
AND CALL HEALTH DEPARTMENT**



IF NECESSARY YOU WILL BE TESTED

**IF YOU ARE TESTED POSITIVE
FOLLOW HEALTH DEPARTMENT INSTRUCTIONS**



**MILD SYMPTOMS: HOME QUARANTINE
IF ALLOWED BY YOUR LOCAL HEALTH DEPARTMENT**



SEVERE SYMPTOMS: HOSPITALIZATION

VIRUS PREVENTION ADVICE



WASH HANDS



COVER MOUTH AND
NOSE WHEN
SNEEZING WITH A
SLEEVE OR A TISSUE



AVOID TOUCHING
YOUR FACE



DISCARD
USED TISSUES



DISINFECT
OBJECTS
AND SURFACES



KEEP DISTANCE
FROM OTHERS

Cold & Flu Season

This cold and influenza season is expected to be the worst one in 2 years. Public mask mandates are no longer enforced, and the spread of influenza is expected to be worse for elderly patients and those with compromised immune systems. Ways to mitigate the severity and spread of the flu include healthy habits, such as getting a flu shot and handwashing.

There are many ways to follow a healthy lifestyle, but some of the most common and widely accepted practices include ample sleep, a balanced diet, exercise, and staying hydrated. A healthy body is more able to strengthen the immune system, whose job is to attack foreign invaders and viruses.

Handwashing is the most effective way to control the spread of disease, ranging from the common cold to COVID-19. This practice is also effective against spreading bacterial infections and diarrhea related illnesses, mitigating the need for antibiotics and other drugs. Research results also suggest that hand sanitizer with 60% alcohol also works if soap and water are not available.

Finally, getting a flu shot is one of the most protective measures. Thousands of individuals are hospitalized with influenza each year, so health care professionals recommend getting an annual shot. The flu vaccine is available to anyone aged 6 months and older, and there are special high-dose vaccines available to patients aged 65 years and older.

Employee Benefits Guide

Do you have questions about your benefits but you're not sure where to look? The [NCSMIG Employee Benefits Guide](#) is a one-stop-shop for all of your basic questions regarding NCSMIG plans and supplemental programs.

Whether you're searching for an overview of your benefits or want to tap into a program available to you, the Benefits Guide contains it all. In addition, the NCSMIG office staff is always just a phone call (707-445-7126) or email (JPA@hcoe.org) away to address your needs!

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

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

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