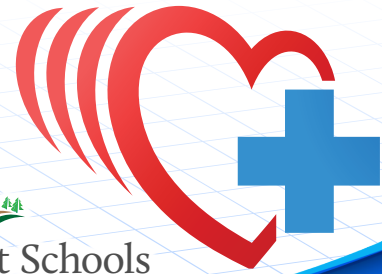


# The Pulse



Spring 2022

North Coast Schools  
Medical Insurance Group

## Open Enrollment May 16<sup>th</sup> - 31<sup>st</sup>



The NCSMIG Open Enrollment period will be **May 16th through May 31st**, with an effective date of July 1st. We are once again offering the online employee self-service system, MyHealthBenefits (MHB), to streamline the process! New this year, active employees that are currently enrolled on 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 by Tuesday, May 31st at 5pm. **No late changes or enrollments will be accepted after the deadline.** Members should contact their district directly for rates and additional information.

**May is mental health awareness month**  
May is a time to raise awareness of those living with mental or behavioral health issues and

to help reduce the stigma so many experience. With Teladoc's Behavior Health, build a relationship with an experienced therapist or psychiatrist of your choice by phone or video.

Our experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself

Start making progress

1. Set up your account and fill out a brief medical history
2. Choose the expert you think will be the best fit for you
3. Pick the preferred dates and times that fit your schedule
4. Make progress from wherever you're most comfortable

Get started—it's already part of your benefits.

Visit [blueshieldca.com/Teladoc](https://blueshieldca.com/Teladoc)  
Call 1-800-TELADOC (835-2362) |  
Download the app

### Nurse Help/24/7

Call NurseHelp 24/7 toll-free at **(877) 304-0504 [TTY: 711]** and talk with a registered nurse anytime you have health-related questions. Or you can chat with a registered nurse online if you prefer. Use your Blue Shield login at [blueshieldca.com/nursehelp](https://blueshieldca.com/nursehelp) to access one-on-one support in a secure environment. With NurseHelp 24/7, experienced nurses can help you figure out how you can care for yourself, evaluate treatment options, and help you decide whether to see a doctor. NurseHelp 24/7 is available to you and your family at no extra charge.



North Coast Schools Medical Insurance Group

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## TruHearing

Like vision loss, hearing loss can have a huge impact on your quality of life. However, the cost of a pair of quality hearing aids usually costs more than \$5,000.

TruHearing makes hearing aids affordable by providing exclusive savings to all VSP Vision Care members. You can save up to 60% on a pair of hearing aids with TruHearing. What's more, your dependents and even extended family members are eligible, too.

In addition to great pricing, TruHearing provides you with:

- Three provider visits for fitting and adjustments
- 45-day trial
- Three-year manufacturer warranty for repairs and one-time loss and damage replacement
- 48 free batteries per hearing aid for non-rechargeable models.

Plus, with TruHearing you'll get:

- Access to a national network of more than 6,000 hearing healthcare providers
- Discounted pricing on a wide selection of the latest brand name hearing aids
- High quality, low cost batteries delivered to your door



**Learn more about this VSP exclusive member extra at [truhearing.com/vsp](https://truhearing.com/vsp) or call 877.396.7194 with questions.**

## Reminder – New Vision Plans!

Effective July 1, 2022, NCSMIG is updating its current Vision Plans for enhanced benefits and coverage offerings. Please check with your district for more information.

### Protecting Your Vision

If your eyes feel healthy, it's easy to assume they are healthy. However, many eye diseases don't have warning signs. Additionally, your risk for some eye diseases increases with age. Fortunately, early detection and timely treatment can be successful and cost-effective in the long run.

Here are practical ways you can protect your vision:

- Get a regular exam. Complete eye exams consist of tests designed to evaluate your vision and check for eye diseases.
- Wear protective eyewear. When playing sports or doing a task that requires eyewear, wear glasses or goggles to prevent an eye injury.
- Put your shades on. Wearing sunglasses shields your eyes from the sun's harmful rays. Don't forget to put them on when you're outside!
- Don't smoke. Smoking can contribute to irreversible eye diseases, so quit or refrain from smoking to protect your eye health.
- Give your eyes a break. Staring at a computer screen for too long can cause painful eye strain. Try giving yourself a short break from looking at the screen whenever possible, or consider blue light-blocking glasses.
- If you have concerns about your vision, talk to an eye care professional.

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



**Blue Shield of California**  
www.blueshieldca.com • 855-256-9404



**CVS/Caremark**  
www.caremark.com • 844-207-2081

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



**Vision Service Plan VSP**  
www.vsp.com • 800-877-7195



**Guardian Dental**  
www.guardiananytime.com • 800-541-7846