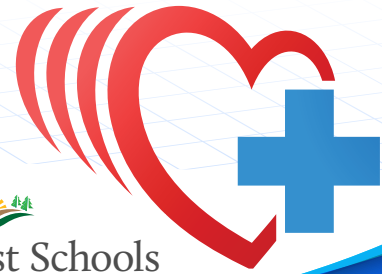


The Pulse



Summer 2022

North Coast Schools
Medical Insurance Group

Health Screening Program

Our annual Health Screening kicks off on September 20, 2022 and will run 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
Tuesday, 9/20/22	6:30 - 9:00 AM	Golden Eagle Charter School - Library	Lori Barnaby (530) 926-5800
Wednesday, 9/21/22	6:30 - 9:00 AM	Middletown Unified School District - Minnie Cannon Elementary	Kriss Davis (707) 987-4100
Tuesday, 9/27/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126
Thursday, 9/29/22	7:30 - 9:00 AM	Mattole Elementary - District Office	Karen Ashmore (707) 629-3311
Tuesday, 10/4/22	7:00 - 9:30 AM	Klamath Trinity District Office	Nena Hames (530) 625-5600 #1, ext. 1006
Thursday, 10/6/22	6:00 - 9:00 AM	Arcata High School - Fine Arts Building	Tammy Pires (707) 839-6481
Tuesday, 10/11/22	6:00 - 10:00 AM	South Fork High School - Library	Tori Miclette (707) 943-1789 ext. 111
Thursday, 10/13/22	6:00 - 9:00 AM	Fortuna Union High School - Foyer of Damon Gym	Rebecca Wilkinson (707) 725-4461
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
Thursday, 11/8/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126



North Coast Schools Medical Insurance Group

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Dial 988 for
mental health
emergencies.

988: America's First Three-digit Mental Health Crisis Line

[The 988 Suicide and Crisis Lifeline](#) (Lifeline) launched nationwide on July 16. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 and be connected immediately to trained counselors who will listen, provide support and connect people to resources if necessary.

The three-digit dialing code is new, but the Lifeline is not. Previously known as the National Suicide Prevention Lifeline, callers only reached the 24/7 national crisis hotline by dialing 1-800-273-8255 (TALK). The easy-to-remember dialing code (988) is meant to replace that number; however, callers will still be connected to the same services, regardless of which number is used. The Lifeline provides services in both English and Spanish. Since 2005, the Lifeline has been a network of roughly 200 crisis centers funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. Since its founding, the Lifeline has received more than 20 million calls from people in distress looking for help when they needed it most. Nearly 2.4 million calls occurred in 2020 alone, illustrating America's current mental health crisis. Suicide is the second leading cause of death amongst preteens and adults aged 25 to 34, according to the Centers for Disease Control and Prevention (CDC). The Lifeline is a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. People can also call the Lifeline if they are worried about a loved one who may need emergency support.

Just as Americans know to call 911 in a medical emergency, it's vital to spread the word about 988 in your own state. This new three-digit dialing code could provide immediate support during someone's darkest hour.

Are You Up to Date on Your Immunizations?

August is recognized as National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects against severe illnesses and complications of vaccine-preventable diseases. Such illnesses include measles, polio, hepatitis, meningococcal meningitis—and now, [COVID-19](#). Vaccinations are so vital that the CDC offers immunization schedules to help you understand if you or other loved ones are up to date on vaccinations:

- [Infants and children](#) (birth to age 6)
- [Adults](#) (ages 19 and older)
- [Preteens and teens](#) (ages 7 to 18)
- [Pregnant women](#) (before, during and after pregnancy)

Talk to your doctor for more information on vaccines or to learn more about which ones you may need.

Reminders for NCSMIG Members

Guardian Life - Subscribers of North Coast Schools Medical Insurance Group are covered by a \$5,000 life insurance and Accidental Death & Dismemberment insurance plan through Guardian Life. Under this coverage, in the event of your death, a benefit may be payable to your designated beneficiary(ies). In order for this benefit to be paid, North Coast Schools must have a completed Beneficiary Form on file, designating your beneficiary(ies). Please complete, or update, the Guardian Beneficiary Designation Form. You can access this form on our website at www.ncsmig.org under the Resource tab.

Deadlines - For any enrollment, change, or termination requests, a completed application form, along with all required documentation, must be submitted to, and received by, your employer within **30 days** from the qualifying event effective date. Newborns may be enrolled onto your plan within **60 days** from the date of birth. **Failure to enroll and submit required documents on time will make you ineligible to receive benefits until the next Open Enrollment window.** Please contact NCSMIG with any questions at (707) 445-7126 or JPA@HCOE.org.

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

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

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