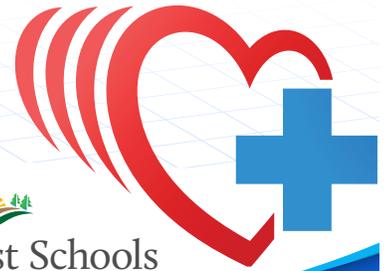


The Pulse



Summer 2021

North Coast Schools
Medical Insurance Group

Health Screening Program

Our annual Health Screening is back! It will kick off on September 20, 2021 and will run through November 9, 2021. 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 program is now more important than ever, since most individuals haven't had the opportunity to have their annual checkups

done in the midst of the pandemic. 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 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.

Monday, 9/20/21	6:30 - 9:00 AM	Golden Eagle Charter School - Library Contact for Sign up: Lori Barnaby (530) 926-5800
Tuesday, 9/21/21	6:30 - 9:00 AM	Middletown High School - Tallman Gym Foyer Contact for sign up: Kriss Davis (707) 987-4100
Tuesday, 9/28/21	7:00 - 9:30 AM	Klamath Trinity District Office Contact for sign up: Nena Hames (530) 625-5600 #1, ext. 1006
Thursday, 9/30/21	7:30 - 9:00 AM	Mattole Elementary - District Office Contact for sign up: Karen Ashmore (707) 629-3311
Tuesday, 10/5/21	6:00 - 10:00 AM	Southern Humboldt South Fork High School - Library Contact for sign up: Tori Miclette (707) 943-1789 ext. 111
Thursday, 10/7/21	6:00 - 9:00 AM	Humboldt County Office of Education - Resource Center Redwood Room Contact for sign up: NCSMIG (707) 445-7126
Thursday, 10/14/21	6:00 - 9:00 AM	Fortuna Union High School - Foyer of Damon Gym Contact for sign up: Rebecca Wilkinson (707) 725-4461





Tuesday, 10/19/21	6:00 - 9:00 AM	Arcata High School - Fine Arts Building
Contact for sign up: Tammy Pires (707) 839-6481		
Thursday, 10/21/21	7:00 - 9:00 AM	Ferndale High School - Library
Contact for sign up: Denise Grinsell (707) 786-5900		
Tuesday, 10/26/21	6:00 - 9:00 AM	Humboldt County Office of Education - Resource Center Redwood Room
Contact for sign up: NCSMIG (707) 445-7126		
Tuesday, 11/2/21	6:00 - 9:00 AM	Eel River Community School (Fortuna)
Contact for sign up: NCSMIG (707) 445-7126		
Thursday, 11/4/21	6:00 - 9:00 AM	Humboldt County Office of Education - Resource Center Redwood Room
Contact for sign up: NCSMIG (707) 445-7126		
Tuesday, 11/9/21	6:00 - 9:00 AM	Humboldt County Office of Education - Resource Center Redwood Room
Contact for sign up: NCSMIG (707) 445-7126		

 **PrudentRx** *The cost of your specialty medication is changing*

NCSMIG is collaborating with CVS and PrudentRx to offer a program that can save our members money by reducing out-of-pocket costs for covered specialty medications to \$0! This new program took effect on July 1st. As part of your prescription plan with CVS, the PrudentRx Copay Program allows you to get any of your covered specialty medications that are on the Plan's Exclusive Specialty Drug List for \$0 out-of-pocket when you fill at CVS. Enrollment in the PrudentRx program is an easy process! If you haven't already enrolled, call PrudentRx at 1-800-578-4403 to register. Members that choose to opt-out of these savings will be responsible for 30% of the cost of your specialty medications.

 **Livongo**® *Help to Live Your Best Possible Life*

With myStrength by Livongo you get a personalized program to help with stress, anxiety, sleep and much more. This program is offered to you and your family members with coverage through the company health plan.

GET STARTED

Text "GO NCSMIG" to 85240 to learn more & join

You can also join by visiting strength.livongo.com/NCSMIG/register or call (800) 945-4355 and use registration code: **NCSMIG**

 **TELADOC**® *Talk to a doctor anytime!*

Get quality health care when and where you need it. Teladoc gives you access to a national network of U.S. board-certified doctors by phone or video who are available anywhere, 24/7/365 to treat many of your medical issues. Visit blueshield.com/Teladoc or call 1-800-TELADOC (835-2362). There is \$0 co-pay for NCSMIG members.

Blue Shield 24/7 Nurse Line: 1-877-304-0504		Teladoc 24/7 Physicians: 1-800-835-2362	
 Blue Shield of California www.blueshieldca.com • 855-256-9404	 Vision Service Plan VSP www.vsp.com • 800-877-7195	 CVS/Caremark www.caremark.com • 844-207-2081	 Guardian Dental www.guardiananytime.com • 800-541-7846