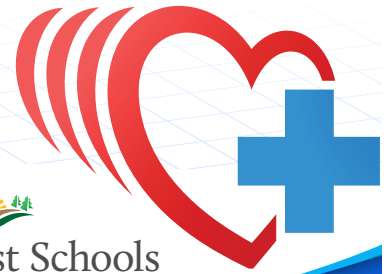


The Pulse



North Coast Schools
Medical Insurance Group



Summer 2026

Health Screening Program

September 8th through October 28th

Time to Schedule Your FREE Health Screening!

North Coast Schools Medical Insurance Group (NCSMIG) is pleased to offer our annual **FREE Health Screening**—an important benefit for our members. This program helps you stay informed about your health and can identify potential issues early.

Eligibility - This screening is available to NCSMIG medical plan members and their enrolled spouses or domestic partners. (Dependent children are not eligible.)

How to Schedule - You can choose the date, time, and location that works best for you by visiting: ncsmig.org/health-screenings. You may attend one screening at any listed location.

Helpful Note - If you are retired and have flexibility in your schedule, we kindly ask that you select a later time slot to help accommodate employees who need earlier appointments. If you have any questions, please contact our office at (707) 445-7126.



Virtual Blue Health Plan

Convenience, care, and connection - all in one plan *Available to members enrolled on a PLUS+ plan

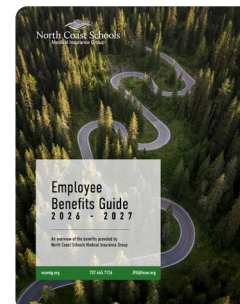
What Is Virtual Blue?

Virtual Blue is a virtual-first health plan that gives you fast, convenient access to care without giving up access to local, in-person providers when you need them.

PLUS+ members only. Virtual Blue is available exclusively to members enrolled on a PLUS+ plan. Not sure if you're eligible? Log in to your Blue Shield account or contact member services at (855) 599-2650 to confirm your plan type. Learn more at ncsmig.org/virtual-blue

DATE	TIME	LOCATION
Tuesday, 9/8/26	6:00 - 9:00 AM	Walker Elementary (South Fortuna)
Thursday, 9/10/26	6:00 - 9:00 AM	South Fork High School - Library
Tuesday, 9/15/26	6:00 - 9:00 AM	Ferndale High School - Library
Thursday, 9/17/26	7:00 - 9:30 AM	Klamath Trinity District Office
Thursday, 9/24/26	6:00 - 9:00 AM	Arcata High School - Fine Arts Building
Thursday, 10/1/26	7:00 - 9:00 AM	McKinleyville High School - Gymnasium
Tuesday, 10/6/26	6:00 - 9:00 AM	Fortuna Union High School - Damon Gym Foyer
Thursday, 10/8/26	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room
Thursday, 10/15/26	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room
Tuesday, 10/20/26	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room
Tuesday, 10/27/26	6:00 - 9:00 AM	Golden Eagle Charter School - Mt. Shasta
Wednesday, 10/28/26	6:00 - 9:00 AM	Minnie Cannon Elementary - Library

Benefits Guide



Our updated 2026-27 Benefits Guide is now available at ncsmig.org/resources



North Coast Schools Medical Insurance Group

901 Myrtle Avenue • Eureka, CA 95501 • (707) 445-7126 • ncsmig.org



Wellvolution

Wellvolution is a digital health platform available to eligible members. It offers personalized programs and coaching to help improve overall health— at no additional cost.

Program Areas Include

Weight Loss & Management

Personalized, non-diet programs to build healthier eating and fitness habits and support sustainable weight loss.

Diabetes Prevention & Care

Tools and coaching to reduce the risk of Type 2 diabetes, manage blood sugar levels, and potentially reverse existing conditions.

Mental Health & Well-Being

Resources like Headspace to support stress, anxiety, depression, sleep, and resilience.

Pain Management & Physical Therapy

Guided programs from licensed physical therapists to help reduce joint, back, or muscle pain.

Heart Health

Programs focused on lowering cholesterol and managing blood pressure through lifestyle changes and at-home monitoring.

Tobacco Cessation

Support to quit smoking, including strategies to manage cravings and up to two months of nicotine replacement therapy delivered to your home.

Digital Tools & Supplies

Eligible participants may receive devices such as fitness trackers, digital scales, or testing supplies (e.g., glucose or ketone monitors) at no additional cost.



How Wellvolution Works

1. Create Wellvolution Account.

Wellvolution will confirm that you're qualified to receive the program at no additional cost.

2. Select your program. Provide your health goals and they will recommend programs. Pick one you want to try.

3. Become a healthier you! With the assistance of your program, start working towards your health goals.

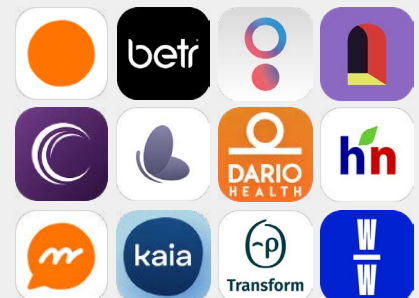
Save the Date 2026

Location: HCOE

Jet Dental, a professional on-site dental team, will be providing a clinic for our members on October 13, 2026. More details and sign-up information coming soon.



Examples of Programs



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



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



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



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