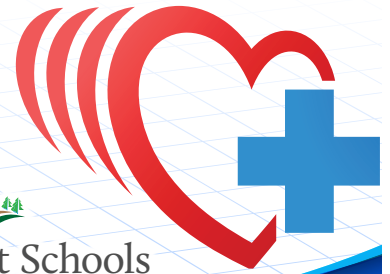


The Pulse



Winter 2021

North Coast Schools
Medical Insurance Group

Annual Health Screening Update

Screenings Will Return in 2021-2022 School Year

To be continued...

NCSMIG has historically held an annual health screening program for its active and retired members that are enrolled in the Medical Program. This service has held an extreme value to the overall health and wellbeing of our membership over the years.

Last year we had to cancel the program midway due to the sudden onset of the COVID-19 pandemic. We had hoped to reinstate our annual health screening program this spring, but we will unfortunately be postponing until next school

year with the optimism that the landscape of the pandemic has shifted enough to allow this program to operate safely.

We apologize for any inconveniences and will announce tentative dates for next year once they are determined. Until then, it is important to have a regular check-in for your overall health. One convenient way to access care when health needs arise is through Teladoc. All costs are currently being waived for members! Visit www.teladoc.com/bsc to get started.

Introducing a New Wellness Program

We are pleased to introduce to all North Coast Schools members a pilot wellness program offered through Blue Shield of California called Wellvolution. All members may participate in these digital therapeutic programs designed to improve your health and well-being.

Wellvolution is Blue Shield's digital health care solution. Wellvolution is an online platform with digital clinical and general well-being apps. Because the programs are digital, you may participate in them at your convenience 24/7.



Wellvolution programs are accessible to members based on your unique health risks and you do not pay anything to participate in the programs.

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North Coast Schools Medical Insurance Group

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



Answering Some COVID-19 Coverage Questions

Is COVID-19 screening and testing covered?

Blue Shield will waive out-of-pocket costs for co-payments, coinsurance, and deductibles for COVID-19 diagnostic testing and related screening services ordered using telemedicine and for testing and screening services ordered or performed in a doctor's office, urgent care, hospital, or emergency room in accordance with applicable state and federal law. In addition, costs for Teladoc Medical and Behavioral Health visits are currently waived!

Is testing for employees to return to work covered?

Blue Shield will comply with the latest

DMHC emergency regulation issued on July 17, 2020 regarding COVID-19 testing for "essential workers" and other individuals until the end of the public health emergency. Return to work testing is not done to improve the health outcome of the employee being tested, and, therefore, would not be covered as a benefit under a Blue Shield health plan, except where testing is required for essential workers under the DMHC emergency regulation noted above.

Stay up-to-date on your options for treatment, testing, vaccines and other important information by visiting Blue Shield's COVID-19 resource page at <https://www.blueshieldca.com/coronavirus>.

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Some of the clinical programs cost several thousand dollars a year, in the open market, but are free to North Coast Schools members.

Blue Shield has incorporated two types of programs. One is for members who have chronic conditions such as diabetes, high cholesterol and hypertension. Personal programs are tailored to your individual needs, in hopes to create long-term healthy habits and make real improvements to your health.

Wellvolution offers these members access to actionable weekly plans, proven coaching apps, information, motivation

and community support, digital weight scales and/or Fitbit devices all with the goal to improve your health.

The second set of programs is for members who do not have a health risk. To access you just visit www.wellvolution.com, create a profile, answer a few questions about your health goals and discover a plethora of free digital wellness apps and programs that may be just right for you.

Again, we are pleased to provide this opportunity to you as members of the North Coast Schools Medical Insurance Group at no cost! Go to www.wellvolution.com and try out this new program.

myStrength

Strengthen your behavioral health with this new program for NCSMIG members enrolled on the Medical Plan. MyStrength offers a personalized program with proven tools and dedicated support for stress, depression, sleep, and more. MyStrength can help you to build resilience, work on your stress, or tackle issues that are impacting your overall well-being. 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.

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

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

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