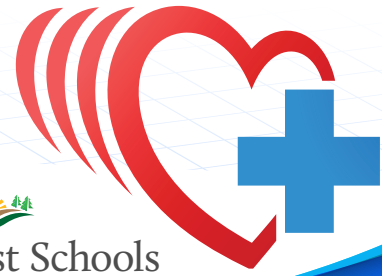


The Pulse



Summer 2024

North Coast Schools
Medical Insurance Group

Health Screening

September 10 through October 29

It is time to sign up for your FREE Health Screening, courtesy of North Coast Schools Medical Insurance Group (NCSMIG)! Our annual Health Screening program is the #1 way we can assist our members with keeping a pulse on their health status as well as catching any potentially life-threatening conditions early. Without this program in place, many of our members would not undergo an annual health checkup, which can result in a negative impact in the overall health of our pool. Your good health equals good health for NCSMIG!

This screening is offered only to NCSMIG Medical program members and their enrolled spouses or domestic partners. We do not offer free tests to dependent children. This is a self-scheduling screening. Please sign-up for the date/location/time of your choice at ncsmig.org/health-screenings.

You are free to attend one screening at any location listed on the schedule. If you are able to take a later time slot, we ask that you do so in order to accommodate those employees that must report to work earlier. If you have any questions about the program, please feel free to give our office a call at [707-445-7126](tel:707-445-7126).

DATE	TIME	LOCATION	CONTACT
Tuesday, 9/10/24	6:30 - 9:00 AM	Golden Eagle Charter School - Auditorium at 1030 Barr Rd. Mt. Shasta	Melissa Phillips (530) 926-5800
Wednesday, 9/11/24	6:30 - 9:00 AM	Minnie Cannon Elementary - Library	Kriss Davis (707) 987-4100
Tuesday, 9/17/24	7:30 - 9:00 AM	Mattole Elementary - District Office	Karen Ashmore (707) 629-3311
Thursday, 9/19/24	7:00 - 9:30 AM	Klamath Trinity District Office	Nena Hames (530) 625-5600 #1, ext. 1006
Tuesday, 9/24/24	6:00 - 10:00 AM	South Fork High School - Library	Sarah Schipper (707) 943-1789
Tuesday, 9/26/24	6:00 - 9:00 AM	HCOE - Annex Board Room	NCSMIG (707) 445-7126
Thursday, 10/3/24	6:00 - 9:00 AM	Arcata High School - Fine Arts Building	Tammy Pires (707) 839-6481
Tuesday, 10/8/24	6:00 - 9:00 AM	Fortuna Union High School - Foyer of Damon Gym	Chelsey Olivera (707) 725-4461
Thursday, 10/10/24	7:00 - 9:00 AM	Ferndale High School - Library	Denise Grinsell (707) 786-5900
Tuesday, 10/15/22	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126
Tuesday, 10/22/24	6:00 - 9:00 AM	Walker Elementary (South Fortuna)	Helen Nelson (707) 725-2519
Thursday, 10/24/24	6:00 - 9:00 AM	McKinleyville High School - Gymnasium	Tammy Pires (707) 839-6481
Tuesday, 10/29/24	6:00 - 9:00 AM	HCOE - Resource Center Redwood Room	NCSMIG (707) 445-7126



North Coast Schools Medical Insurance Group

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



Find Network Doctors

To search for doctors and other providers in this plan's network, visit blueshieldca.com/network PPO (for providers within California) or provider.bcbs.com (for providers outside of California) and enter "NCO" as the plan prefix in the "Find a plan by prefix" window.

If you have any questions, please call us at (855) 599-2650 (TTY:711), 7 a.m to 7 p.m. PT Monday through Friday.

Thinking about surgery?



Let us help you avoid the pitfalls of traditional surgery

90% of Surgeries are more invasive than necessary

Invasive surgery extends pain, recovery time and return to normal life by weeks to months

Invasive surgery is the **#1 gateway to opioid addiction**



There's a better approach to surgery and recovery.

Your employer is providing you access to Goldfinch Health's team of surgery experts at no cost to you to help you and your family make the best decisions when it comes to surgery and the recovery that follows. Your personal Goldfinch Nurse Navigator will help you...

- Find a great surgeon
- Reduce pain and complications
- Shorten your recovery time after surgery
- Get your questions answered every step of the way
- Have a surgery experience that minimizes opioid painkiller use
- Enjoy a better surgery and recovery

Get started at my.GoldfinchHealth.com

Email: hello@GoldfinchHealth.com

Phone: 833.GLD.FNCH (833.453.3624)

PLUS+ Plans with Virtual Blue

The PLUS+ Medical Plans with Virtual Blue went live on July 1st! Many of our members enrolled in one of the four PLUS+ Plans during Open Enrollment. As a Virtual Blue member, you choose how to access care – virtually or in person. No referrals are needed, and booking a virtual appointment is easy.

Virtual Visits

The PLUS+ Medical Plans with Virtual Blue went live on July 1st! Many of our members enrolled in one of the four PLUS+ Plans during Open Enrollment. As a Virtual Blue member, you choose how to access care – virtually or in person. No referrals are needed, and booking a virtual appointment is easy.

In Person Care

You can access in-person care from doctors, specialists, hospitals, and mental health providers through our PPO network. Keep in mind that an in-network or out-of-network cost share applies, based on your plan's benefits. Whether you opt for virtual or in-person care, your Virtual Blue health coach can assist you with booking appointments, managing your health, and coordinating a personalized care plan.

Your virtual journey starts with a Vitals Kit (one per household) that will assist you and your physician with your virtual visits. The kits include a blood pressure cuff, thermometer, and scale with easy-to-follow instructions on how to register and log in, either online or in the app.

If you have any questions or need assistance in setting up and using the Virtual Blue tools, please contact our Virtual Blue Member Services Team at (888) 373-2750 Monday – Friday 5am-7pm PST

Still need additional assistance with understanding your new plan. Schedule a one-on-one Calendly discussion with our designated Account Service Representative here: calendly.com/lance-duncan-8jpa

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

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



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