

## RECIPE OF THE MONTH

### Healthy Peach Crisp

<https://www.cookingpanda.com/content/get-recipe-healthy-peach-crisp>

These Healthy Peach Crisps are crazy delicious any time of year.

**35 mins** • **413** cal's per serving • **4** servings

**Prep Time:** 10 min • **Cook Time:** 25 min • **Difficulty:** easy

#### INGREDIENTS

- Butter
- 1 cup old fashioned rolled oats
- 1/4 cup packed brown sugar
- 2 tablespoons oat flour
- 1 teaspoon cinnamon
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 1/2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon



- 4 to 5 peaches, peeled and sliced
- Vanilla ice cream, for serving

#### INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Grease 4 ramekins with butter.
2. In a large bowl combined oats, brown sugar, oat flour, cinnamon and coconut oil. Mix until combined.
3. In another bowl whisk together maple syrup, lemon juice, vanilla extract, cornstarch and cinnamon. Add sliced peaches to bowl and mix until coated.
4. Divide peaches into ramekins. Top with oat mixture.
5. Bake for 25 minutes, or until peaches are bubbly and top is crispy.
6. Serve warm with a scoop of vanilla ice cream and enjoy!



**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**  
www.guardiananytime.com • 800-541-7846



# VIM & VIGOR

*A Health Newsletter Serving the North Coast Schools Medical Insurance Group*

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## JPA NOTES

**From the JPA Office**

Our office is often asked the same question(s) by our members. We are always available to assist, but here are some quick answers to some of the questions that we get asked most frequently:

#### How do I get an ID card or a new card?

**Blue Shield, CVS/Caremark and Guardian** will send you an ID card when you are first enrolled and thereafter, if information on your card changes, you change plans or you change employers within the JPA. The ID cards are printed in the name of the member only. If you need more cards than you received, please contact the carrier directly by phone to request new cards or print them yourself from their website. Please note that it may take a few weeks after you turn in your paperwork to receive your ID cards. You can always call the company directly to get your account numbers, should you need them before you physically receive your cards.

**VSP** does not issue ID cards. You will need to provide your social security number to the provider, who will have access to check your benefits and bill VSP directly through the VSP provider website.

**CVS/Caremark** provides the pharmacy benefits for all plans other than the Pine HSA plan. If you are on the Pine plan, your ID card will be provided by Blue Shield of California.

#### How do I make a change to my plan?

Any changes, including, but not limited to, addresses, phone numbers or addition or deletion of dependents, must be initiated at your district office. The district will provide you with a change form, review it for completeness and forward it to the JPA for processing. The JPA does not accept any applications or changes that have not first been initiated at the district level.

#### I am retiring soon, what will happen to my benefits?

All retirees have the right to stay on any or all of the JPA plans after you retire. However, if you decline benefits when you retire, you will not be able to return to the program(s) you declined. Please feel free to call the JPA at 707.445.7126 to discuss your eligibility after you retire.

■ **Blue Shield 24/7 Nurse Line: 1-877-304-0504** ■ **Teladoc 24/7 Physicians: 1-800-835-2362**

# INFLUENZA VACCINATION AWARENESS

## When is the flu season in the United States?

In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season.

## Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.
- While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza.
- Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.



- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Infants younger than 6 months are at high risk of serious flu illness but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated.

<https://www.cdc.gov/flu/season/index.html>

# BODY MASS INDEX

Body Mass Index (BMI) measures a person's weight relative to their height and helps to assess whether a person is underweight, of normal weight, overweight or obese. BMI is based on a formula which was developed by Belgium statistician Adolphe Quelet. The formula is designed for adults over 20 years old. Once calculated, a person's Body Mass Index value can be compared to weight status categories to determine if an individual is:

- **underweight** (BMI: below 19.5)
- **normal weight** (BMI: 18.5 - 24.9)
- **overweight** (BMI: 25.0 to 29.9)
- **obese** (BMI: 30.0 & above)

## Calculate Body Mass Index

There are three simple steps for computing BMI with imperial values:



- 1) Multiply your weight in pounds by 703.
- 2) Multiply your height in inches by itself
- 3) Divide the figure from step 1 by the figure in step 3.

The resulting number is your BMI.

## Limitations of Body Mass Index

Body Mass Index Can:

### Overestimate Body Fat

Individuals who are athletic and/or have a muscular build may be categorized as overweight. Body builders are often categorized as obese - however body building may promote a longer life expectancy.

### Underestimate Body Fat

Body fat can be underestimated in individuals who have lost muscle mass - this often occurs with older people.

### Diseases Associated with Obesity

In general, the greater the BMI the greater the risk of contracting diseases associated with obesity. These diseases include:

- **High Blood Pressure** - which can lead to heart failure, stroke, kidney damage and/or loss of vision due to retinal damage.
- **Diabetes** - a metabolic disease caused by lack of insulin
- **Arteriosclerosis** - narrowing & thickening of the arteries which can cause cerebrovascular and coronary disorders.
- **Hyperlipemia** - a high level of fat in the blood which is associated with high cholesterol levels.

Body Mass Index is not a diagnostic tool, it is an indicator of weight status. The risk factors below should also be considered when assessing general health risks.

- Family History of premature heart disease
- High Blood Pressure(hypertension)
- High LDL-cholesterol
- HDL-Cholesterol
- Triglycerides
- High Blood Glucose (sugar)
- Physical inactivity
- Cigarette/Tobacco Smoking

<http://www.whatthehealth.com/bmi/overview.html>