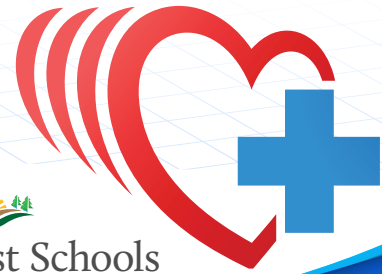


# The Pulse



North Coast Schools  
Medical Insurance Group

Winter 2022

## Vision Plan Upgrades

We will be enhancing our vision plans, effective July 1, 2022! Watch for more information to come from your district this spring regarding changes to your current plan. Until then, we have outlined the enhanced benefits below for your review:



## Benefit Enhancements (All Plans)

- \$130 Frame Allowance
- Tints/Photochromic Lenses
- UV Protection
- Lightcare - \$15 Copay
- Anti-reflective Coating - \$30 Copay
- Progressive Lenses (Adults) - \$10 Copay
- Polycarbonate Lenses (Adults) - \$10 Copay
- Walmart added to network

## VSP – Essential Medical Eye Care

VSP is phasing out their Diabetic Eyecare Plus (DEP) program and rebranding it to an expanded program called Essential Medical Eye Care. After seeing the positive impact of expanding VSP's medical eye care services had on members during the pandemic, VSP has decided to incorporate the Essential Medical Eye Care program as standard coverage for all members. The Essential Medical Eye Care program encompasses all of the benefits currently covered under the DEP program, as well as the following added benefits:

- Medical eye exams and services for the detection, treatment and management of eye conditions and diseases (i.e. cataracts, ocular hypertension and eye floaters).
- Treatment and services for dry eye, eye allergies, ocular trauma and infections and other vision-related conditions.

## Byte Program

Your dental plan covers byte clear aligner therapy! Byte is an at-home, cost-effective invisible orthodontic aligner that allows you to straighten and whiten your teeth from home!

## Spread the smiles with an affordable option:

- At-home impressions of teeth
- Personalized treatment by a licensed orthodontist/dentist
- Custom aligners delivered to your door
- Dentists/orthodontists will track members progress with remote monitoring
- A complimentary retainer following completion of treatment
- Includes premier teeth whitening and lifetime guarantee

Visit [go.byte.com/guardian](https://go.byte.com/guardian) to learn more!



## Introducing RxSavingsPlus®

NCSMIG is pleased to provide you and your family with access to RxSavingsPlus, a drug discount program that can help you save up to 80% on generic medications and up to 40% on brand-name medications at more than 65,000 participating pharmacies nationwide.

## How It Works:

You can get a card online by providing your email address. Then, price your prescription medications to see how much you'll save with the RxSavingsPlus card. To start saving, simply print the card or display it on your mobile device and show it at your local pharmacy. You are responsible for paying the full amount of the discounted price of your medication at the time of purchase.



North Coast Schools Medical Insurance Group

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#### Who It's For:

If you are employed part-time and don't have prescription benefit coverage or a new employee waiting for your coverage, you can use the RxSavingsPlus card to get prescription discounts for the whole family – even pets.

To start saving on medications, get your RxSavingsPlus card at [www.rxsavingsplus.com/ncsmig](http://www.rxsavingsplus.com/ncsmig)



**Take charge of your health with Wellvolution®**

Wellvolution is Blue Shield's digital health care solution. It's an online platform with digital clinical and general well-being apps. There are two types of programs – one for members with chronic conditions such as diabetes, high cholesterol, or hypertension, and one to support members in their overall wellness. Start by creating an online profile, answer a few questions, and discover a plethora of free digital wellness apps and programs!

#### Introducing Headspace

Blue Shield of California members can now access the full premium version of the Headspace app at no additional cost through the Wellvolution Program. As the world's most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night's rest. By dedicating just a few minutes a day you can join 70 million Headspace members worldwide using meditation to improve mental well-being. Headspace is available to all Blue Shield of California members eligible for Wellvolution® who are 18 years of age or over.

Please call our office at (707) 445-7148 if you would like to join us for a webinar for an overview to the Wellvolution program on Tuesday, February 1st at 4pm.

#### The app includes:



1,000+ hours of exercises to help you live your whole day mindfully.



Over 500 Guided meditations on topics like stress, self-esteem, and resilience.



Sleepcasts, music, and bedtime audio for restful nights.



Wellvolution

Change your health, change your life. Visit [www.wellvolution.com/mentalhealth](http://www.wellvolution.com/mentalhealth) to get started today

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

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

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