

# Inside Out Cheeseburgers

Why put the cheese on top of the burger when half of it just melts off? Instead, form the burger around the cheese so you can char the meat and safeguard the more delicate flavors. Use any mixture of hard or semi-hard cheeses-Emmentaler and Gouda or Asiago and Parmigiano-Reggiano also pair well.

**4 servings | Active Time:** 20 minutes  
**Total Time:** 35 minutes

## INGREDIENTS

1/4 cup shredded Cheddar cheese  
1/4 cup shredded Gruyere cheese  
1 pound 90%-lean ground beef  
1 tablespoon Worcestershire sauce  
1 1/2 teaspoons paprika  
1/4 teaspoon freshly ground pepper

## PREPARATION

1. Preheat grill to medium-high or preheat the broiler.
2. Combine Cheddar and Gruyere in a small bowl.
3. Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.
4. To grill: Lightly oil the grill rack (see Tip). Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

**Tips & Notes:** *To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)*

## NUTRITION

**Per serving :** 250 Calories; 15 g Fat; 7 g Sat; 6 g Mono; 74 mg Cholesterol; 2 g Carbohydrates; 25 g Protein; 0 g Fiber; 164 mg Sodium; 264 mg Potassium

**Exchanges:** 3 1/2 medium-fat meat

*Taken from EatingWell.com*



# Wim & Wiger

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## Director's Note

Stacy Lane - JPA Director

### Blue Shield Out of State Doctor Network

Summer is here and many people will be traveling out of the area on vacation. If you find yourself outside of California and in need of a physician, please make sure to use the "Blue Cross Blue Shield Association" website: <http://provider.bcbs.com> The name of the network varies from state to state, so it is important for members to use the website to find the correct information for their immediate location.

### Explanation of Benefits (EOB)

Many frequently asked questions about claims and deductibles can be answered by the Explanation of Benefits (EOB) statement which is sent by the insurance company approximately 30 days after your date of service. Reading and understanding your EOB is very important in order to compare it to the bill you receive from your providers. The **Claim Summary at a Glance** box is where you will find:

- Patient responsibility (the amount you paid or owe the provider);
- Amount Blue Shield paid (this was paid to the provider if they are in network or to the member if the physician is not in network);
- Network Savings (the amount you saved by using a network provider);
- How much of your deductible was met for the calendar year;
- Provider information

Below the summary is a claim detail section that lists dates and types of service; amount not covered (services not covered by your insurance); information on your deductible (\$250.00 per person, \$750.00 per family cap); and co-payment, if you have one. The "amount that was allowed by Blue Shield" is the

contracted amount that the provider and Blue Shield agreed to. **The difference between the billed amount and the allowed amount is not the responsibility of the member if your provider is contracted with Blue Shield. However, if your provider is not contracted with Blue Shield then it will be the member's responsibility to pay the difference.**

One issue that members have been running into since the January 1, 2011, switch to Blue Shield of California from Anthem Blue Cross, is that some providers are still billing Anthem Blue Cross. This will cause the EOB to state that the patient is not eligible for benefits. If you receive such an EOB, please read it carefully for the following information to decipher if the correct insurance was billed:

The **Name of the insurance company**, if it is from Blue Shield, it will be located in the upper left hand corner above the member name. If it is from Blue Cross, it will be located toward the bottom of the page.

The **Group Number**, if it is Blue Shield, it will be located at the bottom far right side and should be either **NCS001 (Redwood Plan)** or **NCS002 (Oak Plan)**. Any other number means the wrong insurance was billed.

If you find that the wrong insurance was billed, contact your provider to verify that they have the correct insurance information and let them know that they will need to resubmit the bill to Blue Shield.

If you have any questions or concerns, please feel free to contact Blue Shield Customer Service at (800) 642-6155 or <http://www.blueshieldca.com> or the JPA office at 445-7126.

# Summer Safety Tips

## How to Identify Poisonous Plants

A good rule of thumb is "leaves of three, let it be." Poison oak and ivy usually are clustered in leaves of three. They contain an oil that when gets on your skin can cause an allergic reaction. You only need to be exposed to a very, very little of this poisonous oil -- less than one grain of table salt -- for it to develop a rash. If you do get it on your skin, immediately rinse skin with rubbing alcohol or a degreasing soap like dish washing soap and lots of water. Rinse frequently so that wash solutions do not dry on the skin and further spread the poison. An antihistamine can be taken to help relieve itching.

## Baking soda

Baking soda is one of the most versatile and useful (not to mention inexpensive) household items. In addition to cleaning and absorbing odors, baking soda is also useful for a particular summertime malady; if you're feeling the unbearable sting of plants like poison ivy, oak or sumac, or a prickly heat rash, a baking-soda paste (or bath) is a recommended treatment.

# Firework Safety

Please treat fireworks with respect, read all of the cautions and warnings and use common sense.

- Lighting fireworks indoors, throwing them from automobiles and lighting multiple devices at the same time can lead to accidents and are not how fireworks are intended to be used.
- Always obey all local laws pertaining to the use of fireworks.
- If you see someone misusing fireworks, stop them. Show them the correct way to use consumer fireworks and do not ever use professional fireworks or illegal explosives. Do your part and everyone will be safer.
- Use fireworks and sparklers only outdoors.
- Only persons over 12 years of age should handle sparklers of any type. Too many young people get burned by sparklers every year. By keeping sparklers out of youngsters hands, we can reduce these injury rates.
- Obey local laws. If fireworks are not legal where you are, don't use them. If drought conditions mean a ban on fireworks, follow the law.
- Only use fireworks as intended. Don't try to alter them or combine them.
- Fireworks and alcohol do not mix. Have a designated "shooter."

Respect fireworks and sparklers as the great American tradition they are, but also respect the fact that must be used with caution.

Taken from National Council of Firework Safety



# HONEY HEALS



For centuries Ayurvedic medicine (which is a system of traditional medicine native to India and practiced in other parts of the world as a form of alternative medicine), has used honey as a main source of healing for a variety of ailments. Here are some helpful home remedies using honey and other common household ingredients:

**For obesity, high blood pressure, and/or high cholesterol**, drink a cup of hot water with a teaspoon of honey and 5 to 10 drops of apple cider vinegar early in the morning daily. Ayurvedic experts say honey scrapes fat and cholesterol from the body's tissues.

**To heal oral ulcers**, apply 1 teaspoon honey and a pinch of turmeric to canker sores, mouth ulcers, or sores on the tongue. This mixture will generate saliva and draw out toxins; spit it out to speed the healing process. For internal ulcers, mix a cup of warm milk with a teaspoon of honey twice daily.

**To heal a wound**, dress it daily with sterilized gauze brushed with honey; dispose at night.

**For the common cold**, take a mixture 1/2 teaspoon cinnamon and 1 teaspoon honey two or three times a day.

**To clear your sinuses**, take a mixture of 1 teaspoon each of fresh ginger juice and honey two or three times a day.



**For nausea, vomiting, and/or indigestion**, mix one part lemon juice with one part honey. Dip your index finger into this mixture and lick it slowly twice daily.

**For anxiety**, drink 1 cup of orange juice with 1 teaspoon of honey and a pinch of nutmeg powder twice daily.

**To help reduce the craving for cigarettes**, chew small pieces of pineapple with 1/2 teaspoon of honey before smoking.

**For abdominal pain**, take a mixture of 1/4 teaspoon ground bay leaf, 1/4 teaspoon celery seeds, and 1 teaspoon of honey before lunch and dinner daily.

**For chronic fever**, make a tea of 1 teaspoon of basil and 1 cup of hot water. Add 1/4 teaspoon of black pepper powder and 1 teaspoon of honey. Take two or three times a day.

**To stop hiccups**, mix 1 teaspoon honey and 1 teaspoon castor oil in a container. Dip your index finger into the mixture and lick it. Repeat every 10 minutes until your hiccups stop. (Hiccups are due to spasm of the diaphragm, and these ingredients in equal proportion are anti-spasmodic.)

**\* Please Note:** Raw honey is not recommended for infants under the age of 18 months, the very elderly, or others with compromised immune systems.

## Did You Know?

To make one pound of honey, a swarm of honeybees flies about 24,000 miles and visits 3 to 9 million flowers.