



NCSMIG/JPA Annual Health Screenings

Our Health Screen will include height, weight, blood pressure, take-home colon cancer test, urinalysis, blood panel, and a choice of the TSH (thyroid) test or C-reactive protein (hsCRP) test for heart attack or stroke risk. The blood panel requires a 6-hour fast. Medications can be taken with water. A prostate cancer blood test is free to men 50 or older who are NCSMIG Members. Otherwise, the cost is \$25.

All results of your tests are confidential. **Please allow 3 weeks for the results. If you will need the results sooner, please inform the doctor's staff when you arrive.**

Date	Time	Place
Tuesday, 3/1/11	7:00 - 9:00 a.m.	Ferndale High School - Library Contact: Denise Grinsell (707) 786-5900
Thursday, 3/3/11	6:30 - 8:30 a.m.	Norman G. Ambrosini School - Cafeteria Contact: Shay Miranda (707) 725-7823
Tuesday, 3/8/11	6:00 - 8:00 a.m.	Eureka H.S. Annex (formerly Marshall Elementary) Contact: Kim Emerson (707) 441-3363
Thursday, 3/10/11	6:00 - 9:30 a.m.	McKinleyville Middle School- Azalea Station Contact: Jeff Brock (707) 839-1549
Tuesday, 3/15/11	7:30 - 8:30 a.m.	College of the Redwoods - Crescent City Contact: Kelly Wilson (707) 465-2306
Thursday, 3/17/11	6:00 - 9:30 a.m.	Humboldt County Office of Education Resource center room (TRC) Contact: Mendie Ballester (707) 445-7126
Tuesday, 4/5/11	6:00 - 10:00 a.m.	Southern Humboldt South Fork H.S. - Library Contact: Bambi Henderson (707) 943-1789
Thursday, 4/7/11	7:00 - 9:30 a.m.	College of the Redwoods - Mendocino Contact: Charlie Claybrook (707) 962-2663
Tuesday, 4/12/11	7:00 - 10:00 a.m.	Hoopa High School - Gym Foyer Contact: Jaqueline Hanger (530) 625-5600, #1, ext. 1005
Thursday, 4/14/11	7:30 - 9:00 a.m.	Mattole Elementary School Contact: Lauren Jones (707) 629-3311

* February 21 - 25, 2011 is President's Week



FREE to NCSMIG Member
\$80.00 for Non-Member

Additional Offered Tests:
Prostate Cancer Test: FREE for male NCSMIG Members over age 50; \$25.00 for Members under 50 and Non-Members

Additional Offered Tests at Participant's Cost:

HbA1c (History of elevated glucose and known diabetics): \$45.00 payable to OEHS

Lipoprotein a and b (heart risk): \$56.00 payable to OEHS



Wim & Wigor

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 16, No. 3 March 2011

Editor: Mendie Ballester

(707) 445-7126

Director's Note

Stacy Lane - JPA Director

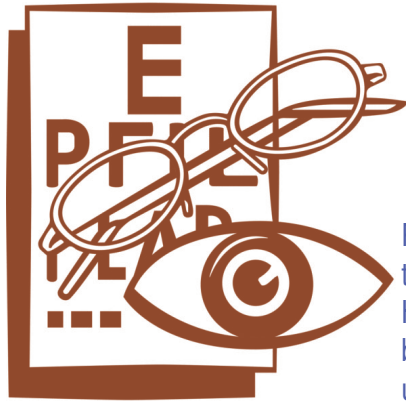
Month two of our transition from Blue Cross to Blue Shield has come to a successful close. I am very pleased with the work that has been done by Blue Shield to make this transition as smooth as possible for our entire membership. The most frequent phone call we have gotten since January 1st has been for claims that were denied coverage. However, these denials have all been due to the provider accidentally billing Blue Cross and not Blue Shield! Remember, any bill with a date of service after January 1, 2011, must be billed to Blue Shield. If you receive an explanation of benefits from Blue Cross for any date of service after January 1, 2011, and coverage is denied, please call your provider directly and ask them to properly bill Blue Shield. This has happened to me personally with two different providers and a simple two minute phone call cleared up the issue. Also, keep in mind that we did not move our pharmacy program.....we are still serviced by CVS/Caremark. If you present your Blue Shield card to the pharmacy, you will be told you have no coverage. Please call CVS/Caremark directly at 1-800-503-3241 if you lost your card and need to order a new one.

Also, I've had a lot of questions about adding dependent children onto our plan. As I have mentioned before, the new laws regarding dependent eligibility are effective on the first renewal date of the plan after September 23, 2010, the date the law was effective. The first

renewal date we have after this date is July 1, 2011. This is the date eligible dependents will be allowed to enroll on our plan. The legislation was written very clearly as to who is considered to be eligible for this enrollment and who is not eligible. More information and a dependent enrollment form will be available in your District office within the next several months. Remember, until July 1, 2011, to be eligible for our plan, your dependent must be enrolled full-time in school and be your IRS dependent.

The annual rate setting Board meeting will be held on Wednesday, March 16, 2011. At this meeting our actuary will advise the Board as to the rate action needed to adequately fund our program for the 2011-2012 fiscal year. Remember, part of our rate action this year will include funding for those dependents added by the change in health care legislation. While we will charge the same composite rate for our plans as we have in the past, we will now have to account for an additional increase in claims for these dependents who were not previously covered by our plans. This is in addition to the overall claims trend realized by our existing membership.

If you have any questions, would like me to visit your school to discuss matters relevant to your health care or if I can provide any further assistance, please feel free to give me a call at 707-445-7126.



MARCH IS: "SAVE YOUR VISION MONTH"

People who sit in front of a computer for long periods of time often encounter a variety of uncomfortable symptoms. Headaches, neck strain, backaches and wrist pain are common, but, sadly, the most prevalent symptoms of prolonged computer use -- eye strain, blurred vision and dry eye -- are often

overlooked. In fact, eye and vision problems are the most frequently reported health care problems among computer users.

Computer Vision Syndrome

These symptoms contribute to computer vision syndrome, which the American Optometric Association defines as "the complex of eye and vision problems related to near work that are experienced during or related to computer use."

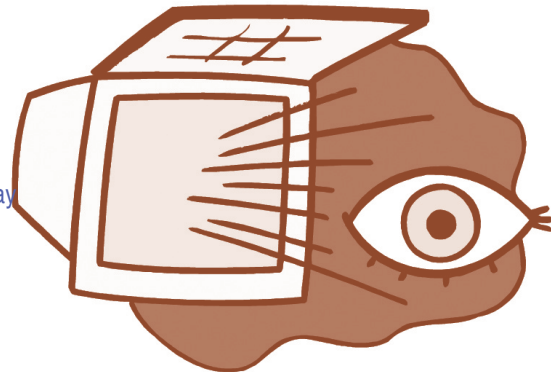
Sitting at a computer generally causes a person to look straight ahead for long stretches, work in a dry office or home environment, and to blink less often. These factors can lead to vision problems. Additionally, computer use requires specific vision skills, which add further demands to the visual system and contribute to eye and vision discomfort. These skills include:

- Ocular motility** — the ability of the eyes to move in various positions.
- Accommodation** — the ability of the eyes to focus clearly at various distances.
- Vergence** — the ability to move the eyes in (convergence) or out (divergence).

Tips for Healthy, Comfortable Vision at the Computer

While decreasing time spent at a computer may not be an option, there are ways to maximize healthy vision for comfortable use of the computer.

- Have a regular comprehensive eye exam to ensure your eyes are healthy and that you have the correct eyeglass or contact lens prescription (if necessary).
- Be certain to tell your optometrist about the computer work you do.
- Wear glasses that are specifically designed to function comfortably at the computer. Your everyday glasses may not be the best for computer work.
- Rest your eyes.
- Blink forcefully.
- Use a humidifier if necessary.



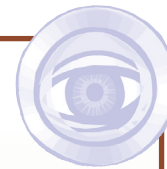
Food can be an enormous benefit to restoring and maintaining clear eyesight

So your Mom was right when she told you to eat your carrots because they are good for your eyes. Here is a list of other foods that are also beneficial:

Apricots	Collard Greens	Milk
Avocados	Eggs	Nuts & Almonds
Berries	Fish Oils	Olive oil
Black Currants	Fresh Fruits	Onions & Shallots
Blueberries	Garlic	Plums
Broccoli	Grapefruit	Pumpkins
Cabbage	Grapes	Soy
Can Capers	Green leafy vegetables	Spinach
Carrots	Kale	Squash
Cold-water Fish	Lemons	Sweet Potatoes
(sardines, cod, mackerel, tuna)		Whole Grains

Taken from American Optometric Association

What Makes Your Eyelid Twitch?



This annoyingly common condition is known as eyelid myokymia. Not a lot is known about eye twitches, which are more likely to occur in the lower eyelid than in the upper, though they're probably caused by the misfiring of a nerve. But experts know that fatigue, stress, and caffeine all increase the likelihood of the pesky twitching. So do eyestrain, poor nutrition, excessive alcohol intake, and allergies. Fortunately, eye twitching is almost always benign and usually goes away by itself. To put an end to a bout of the eye flutters, cut down on coffee and alcohol and give your eyes--and your whole body--a good night's rest.

Taken from Body & Soul Magazine

Tuna-Potato Croquettes

Simple, quick and comforting, these golden cakes go well with a spoonful of reduced-fat sour cream and a sprinkle of chopped fresh chives. Try mixing in a bit of chopped dill, capers or lemon zest for a variation.

2 servings Active Time: 10 minutes
Total Time: 20 minutes

Ingredients

- 1 1/2 cups frozen shredded hash brown potatoes, thawed
- 1 6-ounce can chunk light tuna in water, drained and flaked (see Note)
- 1 egg, lightly beaten
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 3 teaspoons extra-virgin olive oil, divided

Preparation

1. Partially mash potatoes in a bowl with a fork until they begin to hold together. Add tuna, egg, salt, pepper and 1 teaspoon oil; stir to combine. Shape into four 1/2-inch-thick patties.
2. Heat the remaining 2 teaspoons oil in a medium non-stick skillet over medium-low heat; add the patties and cook until browned on the first side, about 5 minutes. Carefully turn the patties with a wide spatula and cook until golden on the second side, about 3 minutes more.

Tips & Notes

- Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

Nutrition

Per serving: 326 calories; 17 g fat (5 g sat, 9 g mono); 131 mg cholesterol; 17 g carbohydrate; 27 g protein; 1 g fiber; 633 mg sodium; 490 mg potassium.

Taken from Eating Well

