

you better manage your particular condition. These management programs are designed to make a difference in the overall quality of your health care, as well as save you from higher out-of-pocket expenses. Studies have shown that people who take part in condition management programs have fewer medical complications, resulting in fewer emergency room visits and fewer urgent doctor visits, as well as fewer days missed at work and other

activities. Components of these programs can include personal contact with a nurse case manager, coordination of care with your doctor and specialized educational materials. As a self-funded medical plan, better overall health means lower medical costs for all our members. If you have any questions about our condition care program and how it can help you improve your health and lower your costs, please feel free to give us a call at 707.445.7777.



Director's Note

Stacy Lane - JPA Director

Bulgur with Dried Cranberries

Serve this lemony bulgur—an American interpretation of Middle Eastern tabbouleh—instead of the more familiar and expected stuffing.

Yield: 8 servings (serving size: 1 cup)

Ingredients

- 1 cup coarse-ground bulgur
- 2 cups (1/4-inch) cubed peeled English cucumber
- 1 cup dried cranberries
- 1/3 cup thinly sliced green onion
- 1 cup finely chopped fresh flat-leaf parsley
- 1 teaspoon grated lemon rind
- 1/3 cup fresh lemon juice
- 1/3 cup extra-virgin olive oil
- 3/4 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper

Preparation

Place bulgur in a large bowl; cover with 2 cups boiling water. Cover; let stand 30 minutes or until liquid is absorbed. Fluff with a fork. Add cucumber and remaining ingredients; toss gently to combine.

Nutritional Information

Calories:	197	Fiber:	4.7g
Fat:	9.6g (sat 1.3g, mono 6.7g, poly 1.2g)	Cholesterol:	0.0mg
Protein:	2.7g	Iron:	1.2mg
Carbohydrate:	28.2g	Sodium:	186mg
		Calcium:	27mg

Taken from Cookinglight.com



The month of November is designated as National Diabetes Month. Diabetes education and prevention is extremely important for us all. In fact, during our annual health screening, there are always members that find out they are diabetic and didn't know it. Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

Did you know??

- 25.8 million Americans have diabetes — 8.3 percent of the U.S. population. Of these, 7 million do not know they have the disease.
- In 2010, about 1.9 million people ages 20 or older were diagnosed with diabetes.
- The number of people diagnosed with diabetes has risen from 1.5 million in 1958 to 18.8 million in 2010, an increase of epidemic proportions.
- It is estimated that 79 million adults aged 20 and older have pre-diabetes. Pre-diabetes is a condition where blood glucose levels are higher than normal but not high enough to be

called diabetes. Studies have shown that by losing weight and increasing physical activity people can prevent or delay pre-diabetes from progressing to diabetes.

The North Coast Schools' Medical Insurance Group contracts with Blue Shield to help members with certain chronic conditions manage their health. Sample conditions that are part of this program, in addition to Diabetes are Chronic Pulmonary Obstructive Disorder (COPD), Asthma, Coronary Artery Disease (CAD), cancer, certain heart issues and a variety of genetic disorders. From time to time you may receive a call or letter from Blue Shield inviting you to participate in a program designed to help

Continued inside...



REMEMBER
to get your
FREE
flu shot

through the
CVS/Caremark
flu shot program.

November is American Diabetes Month

Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.



Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

Type 2 Diabetes*

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes.

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

*Often people with type 2 diabetes have no symptoms

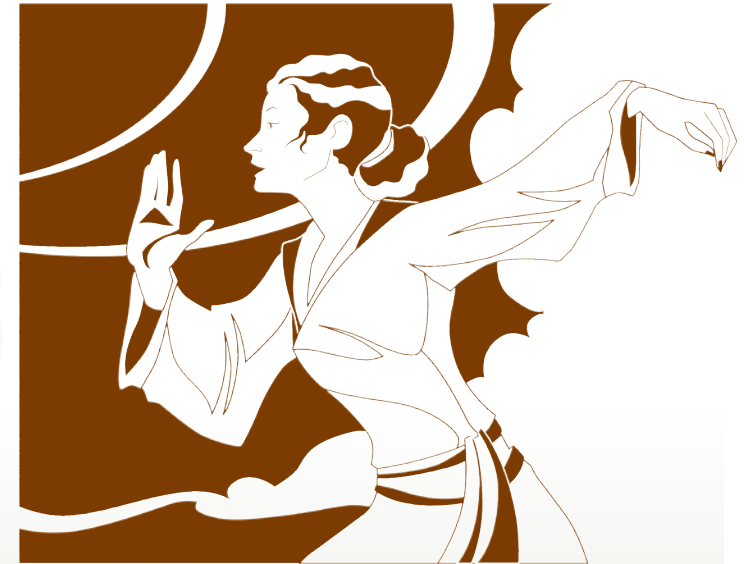
Gestational Diabetes

During pregnancy -- usually at around 28 weeks or later -- many women are diagnosed with gestational diabetes. A diagnosis of gestational diabetes doesn't mean that you had diabetes before you conceived, or that you will have diabetes after giving birth.

But it's important to follow your doctor's advice regarding blood glucose (blood sugar) levels while you're planning your pregnancy, so you and your baby both remain healthy.



5 Healthy Reasons to Learn Tai Chi



Science is starting to catch up with what ancient healers have known all along. Tai chi—a traditional martial art focused on slow, steady movements and balance—is good for us, and for many reasons. Young or old, there's something that this venerable form of exercise can do for you. Scientific studies have found tai chi not only eases arthritis, but also soothes back pain, all while reducing the risk of falls. The calming art also has been shown to lower blood pressure and stress levels.

#1: IT'S FOR EVERYONE. Recommend for young and old, to people who are physically active and to the sedentary, to people in good health and those dealing with chronic illness—to everyone, literally. Physical activity and stress reduction are important to everyone, and those are the very benefits afforded by tai chi without the risk of injury carried by many other physical pursuits.

#2: IT'S INEXPENSIVE. Tai chi doesn't require any additional equipment or a special venue, just comfortable shoes and clothing. Taoist Society instructors accredited by the society and required to maintain their accreditation yearly, are unpaid (the Taoist Society itself is a nonprofit organization). To learn more about the Taoist Society and find a chapter and classes near you, go to www.taoist.org. You can also find inexpensive classes at hospitals and communities; other groups that certify teachers include the Institute of Integral Qigong and Tai Chi and the American Tai Chi and Qigong Association.

#3: IT'S EASY TO PICK UP. It takes about three to four months to learn the basic movements and to be able to do them with a group. After that, you should be able to practice on your own, as well as in a group, and learn additional, more advanced movements.

#4: IT'S COMMUNAL. Tai chi is structured around chapters and clubs, and the sense of community that fosters is deliberate. When you join a class and learn tai chi, you are surrounded by people who are learning something new as well, and you are encouraged to help them just as they are encouraged to help you. Being useful to other people is hugely beneficial to your own health—that's been scientifically proven—and it's a Taoist tradition. Taoists believe that if you're helpful to other people, your own health will improve.

#5: IT'S EMPOWERING. One of the striking things about this discipline is its intrinsic—and proven—belief that you can have a powerful impact on your own health. Western medicine doesn't have a whole lot of answers for people with chronic disease. Appendicitis, they can fix—but chronic disease is another matter. Tai chi awakens a person's belief in their ability to help themselves, and that's an incredibly powerful tool for healing.

Taken from Journal of Alternative and Complementary Medicine