



Wim & Wiger

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

Vol. 22, No. 12, December 2016

707-445-7126

Director's Note

Stacy Lane - JPA Director

Date	Time	Screening Location
Tuesday, 1/24/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Thursday, 1/26/17	6:30 - 10:00 AM	College of the Redwoods - Student Services Building Contact for sign up: Tina Wahlund (707) 476-4142
Tuesday, 1/31/17	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Doreen Anello (707) 839-1549x1004
Thursday, 2/2/17	6:00 - 10:00 AM	Southern Humboldt South Fork High School - Library Contact for sign up: Bambi Henderson (707) 943-1789
Tuesday, 2/7/17	6:00 - 9:30 AM	Fortuna Union High School - Foyer of Damon Gym Contact for sign up: Jennifer Wagner (707) 725-4461
Thursday, 2/9/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Tuesday, 2/14/17	6:00 - 10:00 AM	Del Norte District Office - Azalea Room - Crescent City Contact for sign up: Kristin Bergren (707) 464-0244
Thursday, 2/16/17	6:00 - 9:30 AM	Arcata High School - Fine Arts Building Contact for sign up: Tammy Pires (707) 839-6481
Tuesday, 2/28/17	7:00-9:00 AM	Ferndale High School - Library Contact for sign up: Denise Grinsell (707) 786-5900
Thursday, 3/2/17	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Doreen Anello (707) 839-1549 ext. 1004
Tuesday, 3/9/17	6:00 - 8:30 AM	Happy Camp High School Contact for sign up: Bonni Rodgers (530) 926-3006
Thursday, 3/14/17	6:00 - 9:00 AM	Redwood Preparatory Academy Contact for sign up: Becky Scales (707) 682-6149
Thursday, 3/16/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Tuesday, 3/21/16	6:45 - 10:00 AM	Hoopa High School - Nurse Room Contact for sign up: Ginger Reeves (530) 625-5600 #1, ext. 1005
Thursday, 3/23/16	7:30 - 9:00 AM	Mattole Elementary - District Office Contact for sign up: Lauren Gothe (707) 629-3311
Monday, 3/27/16	6:00 - 9:00 AM	Butte Valley High School - Library Contact for sign up: Amy Popp (530) 397-4000
Tuesday, 3/28/16	6:00-9:00 AM	Yreka Elementary School Jackson Street Elementary School - K1 Room Contact for sign up: Donna Tudor (530) 842-1168
Wednesday, 3/29/16	6:00 - 9:00 AM	Mt. Shasta High School Contact for sign up: Crystal Herrin (530) 926-3006 x.1102
Tuesday, 4/4/16	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room (TRC) Contact for sign up: JPA Office (707) 445-7126
Thursday, 4/6/16	6:00 - 9:30 AM	Middletown High School - Tallman Gym Foyer Contact for sign up: Marilyn Bingham (707) 987-4100

Health Screening Program- It's that time of year again for our FREE annual Health Screening! For those of you that are new to our program, or for those that have not attended in the past, we contract with a local medical office to provide screenings at various locations throughout Humboldt, Del Norte, Siskiyou and Lake counties.

While we do standard screenings such as blood pressure and a urinalysis, the real gem of this program is the free blood work tests we perform. These tests are 100% confidential, with only our contracted physician reviewing the results. We offer this program as a way to catch conditions early, thus saving the program money and potentially catching serious medical conditions early! I can tell you from personal experience that this program works. In fact, my screening in January 2016 uncovered a life-changing medical condition that has redirected the course of my personal health! Every year we catch vital conditions such as diabetes, multiple types of cancer, thyroid issues and more.

You are free to attend a screening at any location located on the back of this month's newsletter. I do request that you take a later time slot, if possible, to allow those that must be in class to utilize the earlier times. This program is FREE for you and your spouse or domestic partner and is comprised of tests, which if ordered by your doctor and processed at a lab, would cost thousands of dollars!

If you have any questions about the program, or would like a list of all the FREE tests we provide, please feel free to call my office at 707-445-7126 and

we can email it to you. I will also provide the list to your district if you would like to obtain a copy from your benefits contact.

Blue Shield- IRS regulations have required a small change to the family annual out-of-pocket maximum for the Pine plan. If you are on the Pine plan, keep a look out for a letter in December that will tell you about this change, which will be effective on February 1, 2017.

CVS/Caremark- There are two quick updates for CVS/Caremark. First, we have implemented a program called Value Formulary. While we already have a drug formulary, this new program will update the current list. If you are one of the small number of people that are currently taking a medicine not on this new list, you will be receiving a letter in the mail from CVS/Caremark telling you about the program. This is very important, and I encourage you to make sure you take the time to read about this program.

Second, CVS/Caremark is now offering a great program for our members to utilize the Minute Clinic network. Minute Clinic is located in most, but not all, Target and CVS retail stores. You can utilize this walk-in clinic for minor medical conditions, immunizations and more. Simply present your CVS/Caremark card and leave the rest up to us. This program can be extremely helpful when traveling. Please keep your eye out for a mailer detailing the program that should be reaching your home soon! More information can be found at: www.cvs.com/minuteclinic

From our office to yours, we wish you and your family a fun and safe holiday season!

 **Blue Shield of California**
www.blueshieldca.com • 855-256-9404

 **CVS/Caremark**
www.caremark.com • 866-260-4646



Vision Service Plan VSP
www.vsp.com • 800-877-7195



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

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

Healthy Holiday Habits

With the holiday season approaching, many of us find ourselves surrounded by festive food and the subsequent concern of weight gain. Studies have shown that the typical American may gain two to seven pounds over the six-week holiday season.

We may also find it harder to maintain our exercise program with all the holiday parties, shopping and travel. In addition, many people have much more stress during the holiday period, which can result in overeating as a “feel good” response.

The best way to avoid gaining weight over the holidays is to eat in moderation, keep a consistent exercise program and try these 10 tips to avoid holiday weight gain.

1. Stick to a regular routine with sleep and exercise. Many times feeling tired or stressed is mistaken for hunger.

2. Watch your alcohol intake. Alcoholic beverages contain “empty calories,” offering little to no nutritional value and contributing to excess weight gain. Try having a seltzer with a lime twist or a glass of water between alcoholic drinks to help cut calories and remain well hydrated.

3. Eat a small, healthy meal before party time. It’s a common misconception that you will lose weight by skipping meals. The truth is your metabolism slows down causing you to store body fat if calories are too limited for too long. Another negative result is that you are more likely to binge later at night resulting in greater weight gain.

4. Don’t stand by the food at the party. You will be less likely to partake in unconscious

snacking all night if you instead move, mingle and socialize with friends.

5. If you’re hungry at the party, reach for the vegetables (without the dip), fruit or rye crackers. If you do host a party have plenty of water and low-calorie snacks available.

6. Eat slowly. It takes about 20 minutes for the stomach to register a “full” sensation and signal the brain that it’s had enough. Slow down and listen to your body.

7. Set goals and keep a food diary. Plan your weekly food intake and calorie count to include those treats or Christmas cookies in your diet -- in moderation, of course. Don’t totally avoid sweets and holiday food; just plan for it and eat more fruit and vegetables during the week to allow for this. With this plan you can also avoid the guilty feeling afterward that can add to your stress level.

8. Eat protein. Quality protein includes lean meats, seafood, chicken, turkey, eggs, yogurt and low-fat cheeses. Protein will help you feel full and control your appetite.

9. Try to stay consistent with your workout routine. Don’t fall prey to the excuse that you’ll get back on track after New Year’s Day or when the weather warms up again. You may need to modify your program for the busy holidays. Do what you can, but keep it up, trying new fitness activities and cross training to keep things fresh and fun. Seek out a professional to help you with your program if you need motivation.

10. Always remain positive. If you do have a “bad” day, don’t worry or stress about it. Just get back on track the next day.

www.active.com

BOBBY FLAY’S PRIME RIB WITH THYME AU JUS MAKES AN IMPRESSIVE HOLIDAY MAIN DISH

Ingredients:

- 1 bone-in prime rib (6 to 7 pounds)
- 8 cloves garlic, thinly sliced
- Salt and coarsely ground black pepper
- 2 cups red wine
- 4 cups beef stock
- 1 tablespoon chopped fresh thyme leaves



foodnetwork.com

Total Time: 2 hr 40 min
Prep: 10 min
Inactive: 30 min
Cook: 2 hr
Yield: 6 to 8 servings
Level: Easy

Directions:

- Thirty minutes before roasting the prime rib, remove from the refrigerator and let come to room temperature.
- Preheat oven to 350 degrees F.
- Make small slits all over the prime rib and fill each slit with a slice of the garlic. Season liberally with the salt and coarse pepper, place on a rack set inside a roasting pan and roast for about 2 hours until medium-rare, or until a thermometer inserted into the center of the meat registers 135 degrees F. Remove the meat to a platter, and tent with foil to keep warm.
- Place the roasting pan on top of the stove over 2 burners set on high heat. Add the wine to the pan drippings in the pan and cook over high heat until reduced, scraping the bottom of the pan with a wooden spoon. Add the stock and cook until reduced by half. Whisk in the thyme and season with salt and pepper, to taste.
- Slice meat as desired and serve with thyme au jus.