

## 2017 Health Screening Locations

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



# Wim & Wiger

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

Vol. 23, No. 2, February 2017

707-445-7126

## Director's Note

Stacy Lane - JPA Director

**New Humboldt Laboratory Services** – Several weeks ago I went to Redwood Urgent Care in Eureka. I was surprised to see that they now also offer outpatient laboratory services! You can take any provider's lab slip into their office and have your labs drawn. It DOES NOT need to be on a lab slip that specifically states their name at the top of the form. For more information on their services, please stop by their office at 2440 23rd Street in Eureka (near Ramone's Café on Harrison) or give them a call at 707.298.2011. They are open for drop-in hours from 7:30am-4:30pm Monday – Friday. <https://redwoodurgentcare.com>

**Health Screening** – The first three health screenings were held in Humboldt County last week with a great turnout! For those of you that are new to our program, I strongly suggest you consider signing up for one of the dates listed on the backside of this month's newsletter. We offer over 50 blood tests for FREE to you and your spouse or domestic partner, in addition to other items such as blood pressure, urinalysis and occult stool tests. Often members tell me they don't participate in the screening because their doctor orders the tests for them. Unfortunately, that means that you are then subject to paying your deductible and co-pay,

as well as the plan paying the balance! Many folks have learned to use our free tests and then schedule their annual exam with their doctor after they have received their results. This way you and the plan both save money!

**CVS/Caremark** – Unfortunately, I have been made aware that there have been recent issues with members picking up their medications at their local retail pharmacy. We believe a system coding error at CVS/Caremark has caused some members to be told by Customer Service that they have to "opt-out" of the mail order program each year. Please be assured that this is not the case! We apologize if this has caused you any distress. If you are having problems with any CVS/Caremark issue, please call us at 707.445.7126 and we can help get the problem resolved quickly!

**Lake County** – Thank you to those that have remembered to send in your 2016 Delta Dental EOBs to keep your prior incentive level. We have become good friends with several of your dental offices because many of you still have not sent these in, meaning your claims will be adjusted at the lower level until you send it

➤ *Continues on inside*

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

## American Heart Month February 2017

National Wear Red Day : February 3, 2017



Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

[www.speakersfornurses.com](http://www.speakersfornurses.com)

### Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath. This may occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

[www.heart.org](http://www.heart.org)

## Veggie Egg Bake

### Ingredients:

- 1 cup frozen chopped spinach, thawed
- 4 large eggs
- 4 large egg whites
- 1 cup skim milk
- 1 1/2 teaspoons dry mustard
- 1 teaspoon dried rosemary or 1 tablespoon minced fresh rosemary
- 1/2 teaspoon salt-free herb-and-spice blend
- 1/4 teaspoon ground black pepper
- 6 slices whole-grain bread, crusts removed and cut into 1-inch cubes
- 1/4 cup chopped onion
- 1/2 cup diced red pepper
- 4 ounces thinly sliced reduced-fat Swiss cheese



Serving size: One piece (3 by 3.5 inches)  
[www.mayoclinic.org/healthy-lifestyle/recipes](http://www.mayoclinic.org/healthy-lifestyle/recipes)

### Directions:

1. Heat oven to 375 F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray.
2. Place the spinach in a strainer and press with the back of a spatula to remove excess liquid. Set aside.
3. In a medium bowl, whisk together eggs, egg whites and milk. Add dry mustard, rosemary, spice blend and pepper; whisk to combine.
4. Toss spinach, bread, onion and red pepper in a large bowl. Add egg mixture and toss to coat.
5. Transfer to prepared baking dish and push down to compact. Cover with foil.
6. Bake for 30 minutes or until the eggs have set. Uncover and top with cheese. Continue baking for an additional 15 minutes or until the top is lightly browned.
7. Transfer to a wire rack and cool for 10 minutes before serving.

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to us. Once we receive it, we will update the Guardian system and reprocess the remaining claim. However, I promised your dentists I would remind you again so they don't have to bill Guardian twice. If you have any questions,

please give us a call. If you have an appointment coming up and can't find one of your 2016 Delta Dental EOBs, please contact Delta Dental or your dentist. If you have a claim that was adjusted incorrectly, please call us at 707.445.7126 and we will help you get it fixed!