

2017 Health Screening Locations

Date	Time	Screening Location
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: Crystal Herrin (530) 926-3006
Tuesday, 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, 3/21/17	6:45 - 10:00 AM	Hoopa High School - District Office Contact for sign up: Ginger Reeves (530) 625-5600 #1, ext. 1005
Thursday, 3/23/17	7:30 - 9:00 AM	Mattole Elementary - District Office Contact for sign up: Lauren Gothe (707) 629-3311
Monday, 3/27/17	6:00 - 9:00 AM	Butte Valley High School - Library Contact for sign up: Amy Popp (530) 397-4000
Tuesday, 3/28/17	6:00 - 9:00 AM	Yreka Elementary School Jackson Street Elementary School - K1 Room Contact for sign up: Donna Tudor (530) 842-1168
Wednesday, 3/29/17	6:00 - 9:00 AM	Mt. Shasta High School Contact for sign up: Crystal Herrin (530) 926-3006 x.1102
Tuesday, 4/4/17	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, 4/6/17	6:00 - 9:30 AM	Middletown High School - Tallman Gym Foyer 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. 3, March 2017

707-445-7126

Director's Note

Stacy Lane - JPA Director

I often get calls from members saying "I heard that..." or "someone told me..." and the information they relay back to me is incorrect. When people rely on incorrect information, they often end up spending more money for their health care or making less-than-desirable medical decisions based on that incorrect information.

The JPA is committed to making sure you make the best usage of your healthcare dollars. To make sure you fully understand your program and how it works, I would be more than happy to come to your district and talk to you about how you can best utilize your plan, how your plan interacts with other insurance plans you may have and tricks to working with your doctor on referrals and prescription drug authorizations. If you would like to schedule a formal group meeting, or would like to have a less formal drop-in session after school, please feel free to give me a call at 707-445-7126.

As you know, March is the time year when the Board goes through an in-depth review of the current plan claims experience with staff, our consultants and our actuary. The rates for the 2017-2018 plan year are due to be set at the March 15th Board meeting. While I can't yet give you an estimate of what those rates may be, I can tell you that your Medical plan claims experience has improved significantly over the past 12 months, particularly in the area of "large claims." Large claims are those

claims we pay per member (or dependent) that are in excess of \$50,000 per program year. The number of these large claims can have a major impact on how much we need to change rates. We will have rate information out to your district office shortly after the meeting, for your planning purposes.

As I've mentioned in the past few newsletters, we are in the middle of our annual Health Screening program for 2017. I am a very strong advocate of this program and the benefits it brings you and the program. This is an excellent program for two main reasons, both which provide considerable impact when we set our rates and pay claims. First, if you run these blood tests through your doctor and a lab, or even just a few of the 50+ tests we run, the cost to the JPA is exorbitantly more than doing it through our program. And, it's costs you NOTHING! By my estimate, if we all participated in the health screening, we would annually save in excess of \$500,000 in paid laboratory charges, which currently run us in excess of \$5,000,000 per year. Second, we see additional claim costs reduced dramatically by catching your health conditions early, and not in later stages of development. The JPA can save considerable costs, as well as you, by catching problems through early detection. This saves money and helps contribute to a lower overall needed rate increase. Please look over the schedule on the back of this newsletter for the remaining dates in March and April. You may attend a screening at any site that works best for you.

blue shield of california
www.blueshieldca.com • 855-256-9404



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

CVS CAREMARK
www.caremark.com • 866-260-4646



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

MARCH IS NATIONAL NUTRITION MONTH

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

www.eatright.org

March is Traumatic Brain Injury Month

Many people who have a TBI recover quickly. But for some people, TBI symptoms can last for days, weeks, or longer. In general, recovery may be slower for older adults, young children, and teens. In severe cases, a TBI can lead to coma and even death. People who have had a TBI in the past are at greater risk of having another one and may find that it takes longer to recover if they have another TBI.

Symptoms of TBI usually fall into four categories

Thinking/ Remembering	Physical	Emotional/ Mood	Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling Slowed Down	Nausea or vomiting (early on) Dizziness	Sadness	Sleeping less than usual
Difficulty Concentrating	Sensitivity to noise or light Balance Problems	More Emotional	Trouble falling asleep
Difficulty remembering new	Feeling tired, having no energy	Nervousness or anxiety	

When to Seek Immediate Medical Attention

Danger Signs in Adults

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body: Headache that gets worse and does not go away, weakness, numbness or decreased coordination, repeated vomiting or nausea or slurred speech.

The people checking on you should take you to an emergency department right away if you: Look very drowsy or cannot be awakened, have one pupil (the black part in the middle of the eye) larger than the other, have convulsions or seizures, cannot recognize people or places, are getting more and more confused, restless, or agitated, have unusual behavior, lose consciousness (a brief loss of consciousness should be taken seriously and the person should be carefully monitored).

cdc.gov/features/braininjury/index.htm

LEMON GARLIC SHRIMP & GRITS

Ingredients:

- 3/4 cup instant grits
- Kosher salt and freshly ground black pepper
- 1/4 cup grated parmesan cheese
- 3 tablespoons unsalted butter
- 1 1/4 pounds medium shrimp, peeled and deveined, tails intact
- 2 large cloves garlic, minced
- Pinch of cayenne pepper (optional)
- Juice of 1/2 lemon, plus wedges for serving
- 2 tablespoons roughly chopped fresh parsley



foodnetwork.com/recipes/food-network-kitchens/lemon-garlic-shrimp-and-grits-recipe.html

Directions:

1. Bring 3 cups of water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, 1 teaspoon salt and 1/2 teaspoon pepper. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the parmesan and 1 tablespoon butter. Remove from the heat and season with salt and pepper. Cover to keep warm.
2. Meanwhile, season the shrimp with salt and pepper. Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat. Add the shrimp, garlic and cayenne, if using, and cook, tossing, until the shrimp are pink, 3 to 4 minutes. Remove from the heat and add 2 tablespoons water, the lemon juice and parsley; stir to coat the shrimp with the sauce and season with salt and pepper.
3. Divide the grits among shallow bowls and top with the shrimp and sauce. Serve with lemon wedges.