



Member Newsletter

TRI-COUNTY SCHOOLS INSURANCE GROUP
Serving Our Members Since 1983

FREE, FREE, FREE *Health Evaluations Are Here Again!*

Insurance Group is pleased to again offer a comprehensive on-site health evaluation to all employees, retirees and spouses enrolled in the health plan. This is a convenient way for members to learn more about their health and take advantage of wellness programs available to them.

This **confidential and free** health evaluation includes a state-of-the-art blood screening, blood pressure analysis and key health risk assessment (HRA).

The purpose of this program is to create better awareness of your personal health and to enable you to manage conditions before they become chronic or serious health issues.

All eligible employees, retirees and enrolled spouses will receive a \$25.00 (\$50.00 if you also participated in 2008) check in the mail just for participating.

To schedule your test, visit www.interactivehs.com and login if you registered last year. If you are a new user, click on Register Now. After you have entered their site, use "VATSW" as the sponsor code to complete your registration. Or you may simply call Interactive Health Solutions (IHS) at (800) 840-6100 to reserve a time. For more details on the screening date(s) and time(s) at your facility, please see the schedule listed on page three of this newsletter. Also, if you are un-

able to attend the screening on the date scheduled at your facility, simply call the 800 number and IHS will assist you in locating a lab near you that can perform the test.

Participants will need their Tri-County Schools Insurance Group medical I.D. card when they register and they will also be asked to present their I.D. card at their health screening appointment.

Fast 12 hours before your appointment.



Additional Health Evaluation Tests

Interactive Health Solutions (IHS) offers four additional tests to compliment the 34 tests already included in the free, health screenings.

The tests are:

- Vitamin D (\$45)
- Diabetes A1-C (\$25)
- High Sensitivity C-Reactive Protein (\$40)
- VAP Cholesterol (\$90)

These tests are available upon request of the enrolled employee, retiree and enrolled spouses.

Tri-County Schools Insurance Group's Executive Committee approved paying for 50% of the tests while the participant pays the other 50%. You will need to pay 50% for the tests at the time of screening and Tri-County Schools Insurance Group will reimburse Interactive

Health Solutions (IHS) the other 50%.

If you register online for your health screening, you may, at that time, select any or all of these additional tests.

**DISCOVER
YOUR STATE OF
HEALTH!**

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Did you know?

- *A human being loses an average of 40 to 100 strands of hair a day*
- *An average human scalp has 100,000 hairs*
- *Every person has a unique tongue print*
- *Every time you lick a stamp, you are consuming 1/10 of a calorie*
- *The average human brain has about 100 billion nerve cells*



Potassium May Lower Your Blood Pressure

Research shows that boosting levels of potassium in the diet may lower a person's risk of developing high blood pressure and may decrease blood pressure in people who already have "hypertension."

High blood pressure remains the chief reason for visits to doctors' offices and for prescription drug use in the U.S., two researchers from Nashville, Tennessee note in a special supplement to The Journal of Clinical Hypertension.

Dr. Mark C. Houston, from Vanderbilt University School of Medicine and Dr. Karen J. Harper from Harper Medical Communications, Inc. in Nashville, also point out that a healthy intake of potassium is thought to be one reason why vegetarians and isolated populations have a very low incidence of heart disease.

In isolated societies consuming diets low in sodium and high in fruits and vegetables, which have and therefore

high levels of potassium, hypertension affects only one percent of the population, they note. In contrast, in industrialized societies, where people consume diets high in processed foods and large amounts of dietary sodium one in three persons have hypertension.

The typical American diet contains about double the sodium and half the potassium that is currently recommended in dietary guidelines. Low potassium intake is thought to contribute to the prevalence of high blood pressure in Americans.

Based on their review of published studies on the topic, Houston and Harper say if Americans were to boost their potassium intake, the number of adults with known high blood pressure could fall by more than 10 percent. In 2006, the American Heart Association issued new guidelines calling for Americans to get 4.7 grams per day of potassium.

"An increase in potassium with a decrease in sodium is probably the most important dietary choice (after weight loss) that should be implemented to reduce cardiovascular disease," Houston and Harper contend.

Some studies also show that diets containing at least 500 to 1,000 milligrams magnesium daily and more than 800 milligrams of calcium daily may help lower blood pressure and the risk of developing high blood pressure.

"A high intake of these minerals through increased consumption of fruits and vegetables may improve blood pressure levels and reduce coronary heart disease and stroke," Houston and Harper conclude.

—Source: *Journal of Clinical Hypertension*, July 2008

Consumers Are Advised - Peanut Warning!

Based on CDC and FDA's ongoing investigation of the Salmonella outbreak, consumers are advised the following:

- Do not eat peanut butter products that have been recalled
- Peanut Corporation of America expands recall of all peanut and peanut products produced since January 2007. Includes dry and oil roasted peanuts

and granulated peanuts.

- To date, no association has been found with major national brand name jars of peanut butter sold in grocery stores.
- Do not feed recalled pet products to your pet or other animals. Throw away the product and immediately wash your hands and pet utensils.
- If you are concerned

about a product, call the consumer hotline phone number on the product packaging.

- Check out additional consumer advice, the latest information from the CDC and updates from the FDA.
- Call 1-800-CDC-INFO (1-800-232-4636) for up-to-date information. Representatives are available 24/7 to answer your questions in English and Spanish.



BREAKFAST FRUIT WRAP

Tired of eating the same old thing for breakfast, give this tasty breakfast treat a try! It's quick and easy.

Ingredients

- 1 tortilla, preferably whole wheat
- 2 tsp. "fruit only" strawberry preserves
- 2 tbsp. reduced fat ricotta cheese
- 1/3 to 1/2 cup fresh strawberries, sliced
- 2 tbsp. sliced almonds, toasted

Instructions

1. On a flat surface, spread preserves on tortilla
2. Top with ricotta cheese
3. Carefully top with sliced fruit
4. Sprinkle with sliced almonds
5. Starting from one end, roll tightly. Wrap in foil for neater eating.
6. Makes 1 fruit-wrap

Variation: Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

"People are just as happy as they make up their minds to be."

—Abraham Lincoln

Free Health Evaluation Schedule 2009

EMPLOYER	ADDRESS	CITY	ROOM	DATE(S)	TIME
Brittan Elementary	2340 Pepper St.	Sutter	Room 7	2/24	6:30 am-Noon
Browns Elementary	1248 Pacific Avenue	Rio Oso	Media Center	3/5	6:30 am-Noon
Colusa County Office of Ed.	146 7th St.	Colusa	Morse Conference Room	2/26	6:30 am-Noon
Corning Union High School	643 Blackburn Ave.	Corning	Board Room	3/6	6:30 am-Noon
Feather River College	570 Golden Eagle Ave.	Quincy	Athletic Trng. Rm./Chem Lab	3/10 & 311	6:30 am-Noon
Fort Sage Unified	100 D. S. Hall St.	Herlong	Room 9	3/6	6:30 am-Noon
Franklin Elementary	322 N. Township Rd.	Yuba City	Old Gym	3/4	6:30 am-Noon
Gerber Elementary	23014 Chard Ave.	Gerber	District Office	3/10	6:30 am-Noon
Glenn County Office of Ed.	311 S. Villa Ave.	Willows	Codora Room	3/4	6:30 am-Noon
Lake Elementary	4672 County Rd. N	Orland	Staff Room	3/5	6:30 am-Noon
Lake Tahoe Community College	One College Drive	S. Lake Tahoe	Staff Lounge	2/25	6:30 am-Noon
Los Molinos Unified	7851 Highway 99E	Los Molinos	First Five Building	3/13	6:30 am-Noon
Marysville, City of	526 C Street	Marysville	Covillaud Room	2/26	6:30 am-Noon
Maxwell Unified	515 Oak Street	Maxwell	Band Room	3/11	6:30 am-Noon
Modoc Unified	906 W. 4th Street	Alturas	Board Room	3/9	6:30 am-Noon
Pierce Jt. Unified	540 A 6th St.	Arbuckle	District Office	2/27	6:30 am-Noon
Plumas Elementary	1718 Churchill Drive	Plumas Lake	Cobblestone El./Room 2	2/27	6:30 am-Noon
Red Bluff Union High School	1260 Union St.	Red Bluff	Art Center	3/12 & 3/13	6:30 am-Noon
Sierra-Plumas Jt. Unified	111 Beckwith	Loyalton	Loyalton Elementary	2/24	6:30 am-Noon
Stony Creek Jt. Unified	300 Sanhedrin Rd.	Elk Creek	Home Ec Room	3/3	6:30 am-Noon
Sutter County	1445 Veterans Memorial	Yuba City	Health Department	3/10 thru 3/12	6:30 am-Noon
Sutter County Mental Health	1965 Live Oak Blvd.	Yuba City	Valley Oak Conference Room	3/17	7:30 am-Noon
Sutter County Social Services	1965 Live Oak Blvd.	Yuba City	CPS Conference Room	3/18	6:30 am-Noon
Sutter County Public Guardian	539 Garden Hwy.	Yuba City	Holly Oak Square	3/19	7:30 am-Noon
Sutter County Office of Ed.	970 Klamath Lane	Yuba City	Annex 2	2/27	6:30 am-Noon
Sutter County Office of Ed.	256 Wilbur Ave.	Yuba City	Building A Conf. Room	3/3	6:30 am-Noon
Sutter County Superior Court	446 Second St.	Yuba City	Traffic Court Conf. Room	2/25	6:30 am-Noon
Sutter Union High School	2665 Acacia Ave.	Sutter	Music Room	2/26	6:30 am-Noon
TTUSD/N. Tahoe High School	2945 Polaris Rd.	Tahoe City	Staff Room	3/10-3/11	6:30 am-Noon
TTUSD/Truckee High School	11725 Donner Pass Rd.	Truckee	Conference Room	3/12-3/14	6:30 am-Noon
Tehama County Dept. of Ed.	1135 Lincoln St.	Red Bluff	Conference Room E	3/12 & 3/13	6:30 am-Noon
Yuba City Unified	750 Palora Ave.	Yuba City	Board Room/Facilities Room	2/17-2/20	6:30 am-Noon
Yuba Community College	2088 N. Beale Rd.	Marysville	Building 100A/Room 11	2/19 & 2/23	6:30 am-Noon
Yuba Community College	2300 E. Gibson Rd.	Woodland	Building 600/Room 621	2/20	6:30 am-Noon
Yuba Community College	15880 Dam Rd. Ext.	Clearlake	Building 700/Room 702	2/18	6:30 am-Noon
Yuba County Office of Ed.	935 14th St.	Marysville	Oak Room	2/24 & 2/25	6:30 am-Noon



“Peace can only last where human rights are respected, and where individuals and nations are free.”

—Dalai Lama



The brief description of benefits does not constitute the group policy and is not a contract of insurance. It explains the essential features of the Employee Health Care Plan Document and other benefit programs. For complete information please see your benefit coverage booklet.

Good Night’s Sleep!

Getting a good night’s sleep is good for the heart according to results of a recent study.

In the study, researchers found that relatively healthy middle-aged people who slept on average an hour longer per night than other participants had a lower incidence of coronary artery calcification—the accumulation of calcified plaques in the coronary arteries, which is thought to be a predictor of future heart disease.

Risk factors for coronary artery calcification include established heart disease risk factors such as high blood sugar, high blood pressure and being overweight. Recent data suggest that sleep quantity and quality are connected to several of these risk factors.

In the current study, Dr. Diane S. Lauderdale from the University of Chicago and colleagues looked for evidence of a direct association between sleep and the incidence of coronary artery calcification over the course of five years in 495 healthy people who were 35 to 47 years old at the outset.

According to a report of the study in the Journal of American Medical Association, longer measured sleep was associated with lower incidence of coronary artery calcification.

The incident of calcification in the heart arteries ranged from six percent among subjects who slept more than seven hours per night, to 11 percent among those who slept between five and seven hours nightly, and 27 percent

of those who sleep less than five hours.

After adjusting for a number of factors that might influence the results, such as age, sex, race, education and smoking, one hour more of sleep per night decreased the estimated odds of calcification by a full 33 percent.

“Although this single study does not prove that short sleep leads to coronary artery disease, it is safe to recommend at least six hours of sleep a night,” Lauderdale said.

—Source: *Journal of the American Medical Association*, December 2009.

— Just goes to show you that your Mother was right when she told you that you needed a good night’s rest!