

TCSIG 2019

HEALTH EVALUATIONS

FEBRUARY ~ APRIL

The 2019 Health Evaluations are offered at **no cost** and your information is **100% confidential**.

Screenings include tests for cardiovascular disease, diabetes, liver and kidney disease and more.

WHO CAN PARTICIPATE - TCSIG MEDICALLY COVERED EMPLOYEES, RETIREES, SPOUSES & DEPENDENT CHILDREN AGE 18+

Please Note: Waivers and dependent children are welcome and encouraged to participate but are not eligible for incentives.

Incentives – Incentives – Incentives!

- **FASTER REWARDS!** No more waiting for a check at the end of screenings! Onsite participants will receive a **gift card within one week!** Quest participants will receive an e-gift card via email about a month after screening.
- **REPEAT SCREENERS!** Participants who screen back to back years (2018 & 2019) will receive a **\$50 gift card!**
- **“NEW” SCREENER BONUS!** If you have never screened before, missed a year, or missed a few, we want you back! All participants who **did not screen in 2018** you will receive a **\$75 gift card!**
- **COMPLETE A CALL WITH THE WELLNESS CENTER TO EARN MORE!** FAX your results to the TCSIG Wellness Center at **530-822-5503** AND complete a call to receive an **additional \$25 gift card!** No appointment needed, Wellness Center staff will call you! Gift cards will be distributed once your call has been completed.

Schedule Your Appointment Today!

- Visit <https://tcsig.plushcare.com/>
- If you **already have a PlushCare account**, select “Login” to access your account
Important: If you have an account but don’t remember the email or password, **DO NOT CREATE A NEW ACCOUNT.** (This will cause your results to be delayed and/or marked as incomplete and you will not receive your gift card.)
 - To retrieve the **email address** used to login, call TeamCare at **866-724-0032**
 - To reset your **password**, select the “Forgot Password” link or call PlushCare at **866-692-1986**
- If you are **NEW to PlushCare**, select “Register” to create your account
 - **Please enter your name AS IT APPEARS ON YOUR HEALTHCARE ID CARD** (No nicknames)
 - All participants require a unique email to meet HIPAA regulations
- **Schedule Your Appointment** – Enter the street address or city of your preferred location to choose from the list of available onsite locations to select your date and time. You will receive an email confirmation when you are done.

If you are unable to attend an onsite event, please visit a **Quest Lab** near you anytime between February - April. Simply follow the same process as above and select “Quest Lab” from the location menu. There is no appointment to schedule and **your lab slip will be emailed to you.**



For accurate results be sure to **FAST 12 hours** prior to your screening, **drink plenty of water** and continue to **follow your doctor’s instructions** for any medical conditions or prescribed medication.

Testing is open to all Employees, Spouses & Dependents age 18+ on the TCSIG Medial Plan!

Location	Date(s)	Time	Weekday	Address	City
Brittan Elementary School	March 28	7:00am-9:00am	Thursday	2340 Pepper Street	Sutter
Browns Elementary School	February 26	8:00am-10:00am	Tuesday	1248 Pacific Avenue	Rio Oso
Capay Joint Union Elementary School	March 6	7:30am-9:30am	Wednesday	7504 Cutting Avenue	Orland
Colusa County Office of Education	April 11	7:00am-10:00am	Thursday	345 5th Street, Suite A	Colusa
CORE Butte Charter School	February 20	7:30am-10:00am	Wednesday	260 Cohasset, Suite 130	Chico
CORE Charter School	April 3	7:30am-9:30am	Wednesday	321 16th St.	Marysville
Downieville School	April 18	7:00am-9:00am	Thursday	103 School Street	Downieville
Feather River Community College	April 4 & 5	7:00am-10:00am	Thurs & Fri	570 Golden Eagle Ave.	Quincy
Franklin Elementary School District	February 21	7:00am-10:00am	Thursday	332 N. Township Road	Yuba City
Glenn County Office of Edu-Orland	March 7	7:00am-9:00am	Thursday	676 E. Walker St.	Orland
Glenn County Office of Edu-Willows	March 6	7:00am-9:00am	Wednesday	311 S. Villa Avenue	Willows
Lake Elementary School District	March 27	7:00am-9:00am	Wednesday	4672 County Road N	Orland
Lake Tahoe Community College	April 10 & 11	7:00am-11:00am	Wed & Thurs	One College Dr	S. Lake Tahoe
Long Valley Charter School	April 9	8:00am-10:00am	Tuesday	436-965 Susan Drive	Doyle
Modoc Joint USD & New Day Academy	April 9	6:30am-10:30am	Tuesday	906 W. 4th Street	Alturas
Nuestro Elementary School District	February 13	7:30am-9:30am	Wednesday	3934 Broadway Road	Live Oak
Pierce Joint Unified School District	March 21	7:30am-9:30am	Thursday	540-A Amanda St.	Arbuckle
Plaza Elementary School District	February 27	7:30am-9:30am	Wednesday	7322 County Road 24	Orland
Plumas County Office of Education	April 24	7:30am-9:30am	Wednesday	1446 East Main St.	Quincy
Plumas Lake Elem @ Cobblestone Elem	March 20	7:30am-9:30am	Wednesday	1718 Churchhill Dr.	Plumas Lake
Sierra Co. Office of Edu & Sierra Plumas JUSD	April 18	7:00am-10:30am	Thursday	109 Beckwith Rd	Loyalton
Stony Creek JUSD	April 3	7:30am-9:30am	Wednesday	3430 County Road 309	Elk Creek
Sutter County Supt. Of Schools	February 27 & 28	7:00am-10:00am	Wed & Thurs	970 Klamath Lane	Yuba City
Sutter Union High School District	March 13	7:00am-11:00am	Wednesday	2665 Acacia Ave.	Sutter
TCSIG Admin Office (Round #1)	February 14 & 15	7:30am-11:00am	Thurs & Fri	1176 Live Oak Blvd	Yuba City
TCSIG Admin Office (Round #2)	April 25	7:30am-11:00am	Thursday	1176 Live Oak Blvd	Yuba City
Woodland College-Woodland Campus	February 13	7:00am-10:00am	Wednesday	2300 E. Gibson Rd	Woodland
Woodland College-Lake County Campus	February 12	8:00am-10:00am	Tuesday	15880 Dam Rd Ext.	Clearlake
Yuba City Charter School	February 12	7:30am-9:30am	Tuesday	256 Wilbur Ave	Yuba City
Yuba City Unified School District	March 12 & 13	8:00am-11:00am	Tues & Wed	750 Palora Avenue	Yuba City
Yuba College-Marysville	February 14	7:00am-10:00am	Thursday	2088 North Beale Rd.	Marysville
Yuba Community College-District Office	February 20	8:00am-10:00am	Wednesday	425 Plumas Rd, 2nd Fl.	Yuba City
Yuba County Office of Education	March 26 & 27	7:00am-10:00am	Tues & Wed	935 14th Street	Marysville

If you are unable to attend a scheduled event, please visit <https://tcsig.plushcare.com> to **register (NEW users)** or **login (RETURNING users)** to your **PlushCare** account to visit **ANY Quest Diagnostics** between February and April. Simply select the Quest nearest to you and your lab slip will be emailed to you.



For questions or assistance please call TeamCare at 866-724-0032...We're here to help!