



IT'S TIME FOR THE 2019 HEALTH EVALUATIONS!

The 2019 Health Evaluations are offered from February through April, at no cost, and your information is 100% confidential. Screenings include tests for cardiovascular disease, diabetes, liver and kidney disease and more.

FASTER INCENTIVES! 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.

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.*

Schedule your appointment today!

1. Visit <https://tcsig.plushcare.com/>
2. 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
3. If you are NEW to PlushCare, select "Register" to create your account
 - Please enter your name exactly as it appears on your healthcare ID card (no nicknames)
 - All participants require a unique email to meet HIPAA regulations
4. 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 a scheduled onsite event (see next page), please use your PlushCare account to visit a Quest Diagnostics lab near you anytime between February and 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.

We're here to help!

For assistance please contact TeamCare at 866-724-0032 or teamcare@delapro.com

CHECK OUT THESE INCENTIVES!

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 & 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.

BRING YOUR TCSIG MEDICAL ID CARD TO YOUR BLOOD DRAW

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

If you are unable to attend a scheduled onsite event, please use your PlushCare account to visit a Quest Diagnostics lab near you anytime between February and April. Simply follow the process on the previous page and select the Quest nearest you from the location menu. There is no appointment to schedule and your lab slip will be emailed to you.

REMINDER!

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.

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

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