

Words from Ryan Robison, JPA President



Tri-County Schools Insurance Group continues to be an industry leader in promoting health and wellness

initiatives for our members.

Health screenings have been an important part of improving the culture of TCSIG. The ability to identify serious health conditions that may go unnoticed and the ability to provide immediate attention has helped improve the lives of many of our TCSIG families.

Not only have we improved the health of our members, we are transforming the health of our pool. TCSIG Health Screenings are currently underway throughout Northern California at our member districts, county offices of education and community college campuses.

Many of you have already had your screening or have an appointment scheduled. If you have not taken advantage of this service, please refer to the TCSIG website for a convenient location and date to participate. There is no charge for this service. In fact, you will receive \$25 for first time participants and \$50 for on-going screeners.

If you contact the TCSIG Wellness Center to discuss your results you will receive an additional \$25. Taking control of your health and wellness pays dividends in many ways.

Utilization of **Healthcare Bluebook** continues to increase. Thank you for becoming a prudent healthcare consumer. One of our goals is to improve the quality of care you receive.

If you need medical procedures done, we want you to experience the best possible outcome.

Healthcare Bluebook can be a “Win-Win” proposition because of the best outcome and a financial incentive to you for making an informed decision on your care. If you have questions regarding **Healthcare Bluebook**, the TCSIG website has a wealth of information.

Our next newsletter will provide you with information regarding 2018/2019 premiums as well as any changes and improvements to our existing plans. We do anticipate a favorable report.

Thank you for your continued support in making Tri-County Schools Insurance Group “The Best Choice” for your health insurance.

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Take the Bluebook Challenge today!

Participate in the Bluebook Challenge
3/12/2018 - 3/30/2018
For a chance to win one of three **\$25 Gift Cards**
Visit the link below to get started:
sgiz.mobi/s3/TCSIG2018



Healthcare Bluebook.



TCSIG Hours of Operation

Mon-Fri 8am to 5pm

7TH ANNUAL TCSIG WALK ACROSS AMERICA 2018

April 2 - May 27, 2018

To commemorate the 7th year of this annual event we are embracing the lucky number seven! Prizes, updates, announcements, you name it – seven is your key to success in 2018! So lace up your sneakers, grab a water bottle, and walk toward a healthier tomorrow!

Not only will you feel great with a boost in your physical activity, but 2018 brings you **seven** ways to win! We've designed an all new **raffle prize structure** to offer something for **EVERY** level of walker. As long as you commit to the challenge, you are a winner! 33 prizes will be raffled, but **EVERY** participant will win better health! So check out the list of prizes below, set your personal goal, and get ready to commit to your best year yet!

Simply track your daily activity with your tracker of choice (phone, Fitbit, fitness watch, whatever works). At the end of each week you will report your steps for the previous week using the links we will share with you. TeamCare will then email bi-weekly updates so you can see your cumulative mileage, and how close you are to each prize level!

	Milestone	Prize	# of Prizes
1	Report every week	\$25 e-card	7
2	100 Miles	\$50 e-card	7
3	200 Miles	\$100 e-card	7
4	250 Miles	Fitbit (HR2 or Alta)	2
5	300 Miles	6 mo. Gym/Classes	1
6	350 Miles	\$100 e-card	2
7	Success Story	\$25 e-card	7

It's just that easy! *Walk – Track – Report – Win!*
So, what are you waiting for?

Please visit the following link to accept the challenge today!

<https://www.surveymonkey.com/r/TCSIG2018WAA>



Great news! It's Not Too Late! Make \$25 or \$50!

This Delta TeamCare program is brought to you by TCSIG and is powered by PlushCare Biometrics!



Who can participate?

This program is **FREE** to all employees, spouses, and retirees who are participating in the TCSIG medical plan. Full-time employees who waive TCSIG medical coverage can be tested but are not eligible for incentives or drawings.

Earn Rewards

Just for participating, TCSIG will send you a check for \$25 for completing the screening in 2018. If you also participated in 2017, that will increase to a \$50 check. If you review your results with the Wellness Center either in person or by phone appointment, you will receive a \$25 gift card. Employees who waive coverage are not eligible for the incentive check, gift card, or drawing. In addition to receiving an incentive check, everyone who participates will be entered into a drawing for a chance to win one of four FitBits!



Register/Login and Schedule Your Appointment Today!

Step 1: Please visit <https://tcsig.plushcare.com/>

- If you are **new** to PlushCare, select “**Register**” to create your account
- If you already have a PlushCare account, select “**Login**” to access your account

Step 2: Create your account - All participants require a unique email address to meet HIPAA regulations

Step 3: Schedule Your Appointment – Enter the street address or city of your preferred location to choose from the list of available onsite testing locations

If the available onsite testing locations do not fit your schedule you may visit **any Quest Diagnostic** to complete your test between February and April. There is **NOTHING TO PRINT!** Once you register/login your lab slip will be immediately available at Quest. Just let them know that you have an “**electronic order**” and you will be all set! For questions or assistance please call TeamCare at **866-724-0032**.

Sleep is Overrated!..Or is it? By Bernard Sarmiento, Woodruff Sawyer

You've no doubt heard, if not uttered those words yourself. Well, although many people discount the importance of sleep, it is undisputed that the lack of sufficient sleep can adversely affect our well-being and quite often, the well-being (and safety) of those around us. Sleep is not a luxury, it is a necessity.

According to the National Safety Council, nearly 45% of workers are sleep-deprived; with nearly a third of all adults reporting that they get less than 6 hours of sleep per night. This epidemic is showing up on employers' bottom lines in the form of productivity or more accurately, a lack thereof.

Aside from this slumping productivity, safety consciousness decreases as employees become fatigued. Lax safety practices leads to on-the-job injuries and I won't even begin to discuss the dollars involved in the resulting Workers' Compensation claims.

Although the focus above is on the workplace, fatigue can lead to far-reaching and long-lasting physical ailments, like obesity, heart disease and even depression. That's in addition to the types of disorders that are more logically sleep related, like insomnia and sleep apnea. On top of that, sleep deprivation and the resulting fatigue can work to compromise your immune system, which makes you more susceptible to colds and flu-like illnesses.

Perhaps the most underrated, though commonly experienced hazard of sleep deprivation, is fatigue that leads to "impaired driving". Statistics from the American Sleep Foundation show that 60% of licensed drivers admit to regularly driving when they are drowsy, with 37% admitting to having fallen asleep behind the wheel at some point in the past year. One is far more likely to be in a serious vehicle accident when driving tired, and although the statistics vary as to the proportional intoxication level, drowsy driving has often been compared to driving drunk.

You've no doubt heard the term "punch drunk", which Merriam Webster defines as "unable to think or act normally because you are very tired..." and without trying too hard, most of us can think of a time when they were really exhausted and felt the effects in the form of our lack of clear thinking and/or our inability to make a simple decision.

So, how much sleep is enough? Studies vary but commonly conclude that number to be 7-9 hours/night. I say that it all depends on the physical demands of your daily routine, your overall health and conditioning and yes, even your age. Our bodies are pretty good at letting us know when we need more or less of something so, you'd be best to let that dictate your target.

Website Resources are just a "mouse click" away.



**Tri-County Schools
Insurance Group**
www.tcsig.com

Delta Health Systems
www.deltahealthsystems.com

Anthem Blue Cross
www.anthem.com/ca

ProAct, Inc
ProActRx.com

Costco Mail Order Pharmacy
www.pharmacy.costco.com

Human Behavior Associates
www.callhba.com

Delta Dental of California
www.deltadentalins.com

**PhysMetrics
(formerly ChiroMetrics)**
www.tcsigchiro.com

Vision Service Plan
www.vsp.com

Plush Care
www.plushcare.com

Healthcare Bluebook
[www.healthcarebluebook/cc/
TCSIG](http://www.healthcarebluebook/cc/TCSIG)

Did you know?

**You can sign up to receive
newsletters and information by
email from TCSIG.**

Register at www.tcsig.com.



Apple Slaw with Poppy Seed Dressing

Ingredients

- ¼ cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon canola oil or avocado oil
- 1 teaspoon poppy seeds
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 medium apples, julienned
- 2 cups thinly sliced green cabbage
- 1 cup shredded carrot
- ¼ cup coarsely chopped pecans or almonds, toasted

Directions

Whisk mayonnaise, vinegar, oil, poppy seeds, salt and pepper together in a large bowl. Add apples, cabbage and carrot; toss to coat. Sprinkle with pecans or almonds.

Serves 10. Nutrition per serving: 98 calories; 8g fat (1g sat); 2g fiber; 7g carb; 1g protein; 5g sugars; 104mg sodium; 2mg cholesterol.



CORE (Community Outreach for Risk Education)
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(530) 822-5299 (866) 822-5299 Toll-Free (530) 822-5284 Fax

News from the TCSIG Wellness Center

Greetings from the TCSIG Wellness Center! We hope you are having a healthy start to 2018.

One of the recent challenges in the Wellness Center these days is a **high occurrence of “no-shows”**. A “no-show” occurs when somebody who has made an appointment (sometimes for up to an hour) doesn’t show, without calling to cancel the appointment.

In January alone we had **49** appointments in which the patient did not show up. The result of a “no-show” is that somebody else who needed an appointment wasn’t able to get in and get the care they needed. This ends up being costly to both the patient and to the TCSIG program.

Our commitment is to call you with a reminder the day prior to your appointment and if we can’t reach you, we will leave a message. In addition, you will often get a text reminder as well.

When you realize you are not going to be able to make your appointment **please give us a call at 530-822-5500** so that we may free up the time for others needing to be seen.

We want to give a **BIG THANK YOU** to all our members from your Wellness Team here at the Wellness Center for coming in and reviewing your health evaluation blood draws with us. We have enjoyed the opportunity to meet with you and discuss your healthcare needs.

Just a friendly reminder to those that haven’t signed up with **PlushCare Biometrics** for your health evaluation blood draws, please don’t forget to do it. Once you have your appointment date, call us at **530-822-5500** to schedule a visit to go over the results with one of our providers, either Diane or Olga. We offer in person, *eVisit* or telephone appointments and are giving out **\$25 Visa gift cards** for reviewing your results with us!

You must bring your results with you as we do not have access to them through **PlushCare**. If we are reviewing them by *eVisit* or telephone, you can fax them to us at **530-822-5503** or email them to one of us girls at bhoward@acornhealthsolutions.com or mbates@acornhealthsolutions.com.

We look forward to seeing you and as always, stay healthy!

SELF Registration Now Open

Good Schools Workshop Special Education Liability Webinar Series, Part 1

COMPLIANCE REVIEW: HOW LEGALLY SOUND ARE YOUR SPECIAL EDUCATION PROCEDURES & PRACTICES?

This webinar will review highlights of legal mandates and procedural requirements related to serving special education students, including common pitfalls and valuable guidance for public schools in the face of increasing litigation, both in defense of legal claims and to proactively limit or contain risk.

Join us and get your legal questions answered!

This webinar is the first in a three-part series on special education liability Issues.

This Webinar will be offered twice:

FRIDAY, MARCH 30, 2018

From 10 a.m. to 11:30 a.m.

OR

FRIDAY, APRIL 13, 2018

From 10 a.m. to 11:30 a.m.

This webinar is free to all active SELF members and only \$25 for non-members.

For assistance with registration call Woodruff Sawyer at 530-802-8179.

