

Web Access

To register visit Delta Health Systems website at:

www.deltahealthsystems.com

Select **“Website Registration”** and **“Participants click here to register”**. Complete the requested information on the next page including your eight digit I.D. number which is located on the front of your medical card. Your eight digit I.D. number will begin with 851, 861, or 881 followed by five additional numbers. Do not enter the “D”.

To register your spouse or children, select **“Dependents click here to register”** and then proceed to enter their information along with your eight digit I.D. number.

Not only can you begin your online access of My ePHIT, you can also view your processed medical claims online.

Visit us on the web at
www.tcsig.com

Tri-County Schools Insurance Group

1445 Butte House Road, Suite A
Yuba City, CA 95993

(530) 822-5299
(530) 822-5284 Fax
(866) 822-5299 Toll-Free



Serving our members
since 1983

Health and Wellness Programs

Tri-County Schools Insurance Group

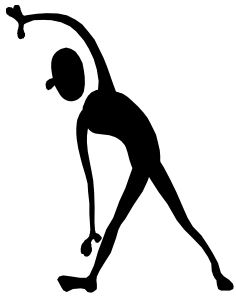
in partnership with Delta Health Systems/Delta Team-Care introduces new, *confidential*, comprehensive health and wellness programs.



Tri-County Schools Insurance Group

(530) 822-5299

My ePHIT



My ePHIT, an online health and wellness program designed to help individuals of all ages **GET IN SHAPE, EAT RIGHT and LIVE WELL**. Developed by credentialed, industry professionals, My ePHIT provides customized fitness, nutrition and life-skills plans that take into account each member's personal health status and fitness ability.

CUSTOMIZED PLANS

GetPHIT: A customized cardiovascular, strength and flexibility plan. Provides virtual exercise demonstrations, calculates amount of calories burned and accommodates members of all skill levels.

EatPHIT: A personalized nutrition plan. Tracks caloric intake and food services, recommends meals or allows members to create their own, presents daily menus and shopping lists.

LivePHIT: A self-improvement plan that instills a positive sense of life balance and helps members effectively deal with life's challenges. Also provides stress and anxiety management.

If you have registered on Delta Health Systems website, you can log onto My ePHIT to receive your customized wellness solution.

My ePHIT is like having your own personal trainer!

Delta Health Connect

Delta Health Connect provides participants with early identification of health concerns they may have not been aware of.

« Comprehensive participant health evaluations — delivered conveniently throughout the U.S. either at the workplace or through a network of over 1100 designated facilities.

« A printed, confidential Personal Health Report that documents and explains to the participant their health status

« An interactive health management website that incorporates a participant's virtual medical records with an award winning health information and education resource.

« Personal health coaching courses (HealthFocus—www.interactivehs.com) that focus on effective lifestyle related health management.

« A connection of health evaluation results (HIPAA compliant) to the Managing for Tomorrow® program to insure that at-risk participants receive the right level of care — before a more serious problem occurs.



Once you have completed your health evaluation, you can register at www.interactivehs.com to review the results of your evaluation.



Delta TeamCare's Health Management Program

Individuals with chronic health conditions, such as asthma, COPD, diabetes and heart disease, are eligible, at no charge, to participate in this program. Individuals will work 1-on-1 with a nurse and health educator to gain a better understanding of their condition and how it affects their lifestyle. The program is free to all enrolled TCSIG members. Call, toll-free, **1-866-440-4429**

Delta TeamCare's Lifestyle Management Programs

All enrolled TCSIG members have access to a TeamCare health educator and the lifestyle management program. A health educator collaborates with each participant to make lifestyle changes so they can live a healthier life. TeamCare staff is also available to answer health related questions, assist with a newly diagnosed condition or work on a lifestyle management program. These programs include:

- Weight Management
- Physical Activity
- Nutrition
- Stress Management
- Pre and Post Natal
- Tobacco Cessation

Enrolling in the program is easy! Simply call

1-866-724-0032

Any you will be on your way to a healthier you.