



Member Newsletter

TRI-COUNTY SCHOOLS INSURANCE GROUP
Serving Our Members Since 1983



Tri-County Schools Insurance Group Prescription Drug Discount Card

T.C.S.I.G. PRESCRIPTION DRUG DISCOUNT CARD IS HERE!

Another way that TCSIG is trying to help the community with medical costs is through our new Prescription Drug Discount Card. TCSIG is in partnership with EnvisionRxOptions Medical Solutions to provide a prescription drug savings program for the uninsured or underinsured.

The card is not insurance so there are no age limits, no pre-existing condition restrictions, and no waiting periods. The

card is instantly activated for use and there are no membership or enrollment fees to participate. Even some pet medications that are available at your local pharmacy are discounted. Nationwide, 8 out of 10 pharmacies accept the TCSIG Prescription Drug Discount Card.

Included in TCSIG's program is a convenient option for home or office delivery through EnvisionRxOptions' Mail service affiliate, Orchard Pharmaceutical Services.

There is also online and 24/7 telephone support.

The TCSIG Prescription Drug Discount Card is available free for anyone. The card can be downloaded from www.envisiondrugcard.com/TCSIG

TCSIG is excited about this program because of the money participants will be able to save. Envision will be providing monthly reports to TCSIG advising them of the actual savings participants are experiencing.

I.H.S. Testing is Coming!

Mark your calendars! The testing window is going to be March 15-April 30, 2010. Flyers will be coming to your work sites soon.

As with last year, the \$25 incentive check will be paid to each participant who is being tested for the first time. If you participated last year, and participate this year, your incentive check will be \$50.

This confidential and free health evaluation includes a state-of-the-art blood screen-

ing, blood pressure analysis and key health risk assessment (HRA). 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 2 of this newsletter. Also, if you are unable 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.

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Newsletter Date
February 2010

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Did you know?

- *President George Washington was the only president to not live in Washington D.C.*
- *President Abraham Lincoln was the only president to receive a patent. It was for a device to lift boats over shoals.*
- *The TALLEST president was Abraham Lincoln at 6'4", and James Madison was the shortest at 5'4".*



I.H.S Testing Schedule

EMPLOYER	ADDRESS	CITY	ROOM	DATE(S)	TIME
Brittan Elementary	2340 Pepper St.	Sutter	Room 30	3/16	6:30 am-Noon
Browns Elementary	1248 Pacific Avenue	Rio Oso	Media Center	3/25	6:30 am-Noon
Capay Elementary School Dist.	7504 Cutting Ave.	Orland	Speech Room	4/15	6:30 am-Noon
Colusa County Office of Ed.	146 7th St.	Colusa	Morse Conference Room	4/22	5:30 am-Noon
Corning Union High School	643 Blackburn Ave.	Corning	Board Room	4/16	7:00 am-Noon
Downieville School	130 School Street	Downieville	School Site	4/27	6:30am-Noon
Feather River College	570 Golden Eagle Ave.	Quincy	Athletic Conference Room	4/27 & 4/28	6:30 am-Noon
Fort Sage Unified	100 D. S. Hall St.	Herlong	Library	3/26	7:30 am-Noon
Franklin Elementary	322 N. Township Rd.	Yuba City	Old Gym	3/24	6:30 am-Noon
Gerber Elementary	23014 Chard Ave.	Gerber	District Office	4/20	6:30 am-Noon
Glenn County Office of Ed.	311 S. Villa Ave.	Willows	Codora Room	4/14	8:00 am-Noon
Lake Tahoe Community College	One College Drive	S. Lake Tahoe	Staff Lounge	4/21 & 4/22	6:30 am-Noon
Los Molinos Unified	7851 Highway 99E	Los Molinos	First Five Building	4/23	7:00 am-Noon
Marysville, City of	526 C Street	Marysville	Covillaud Room	3/25	6:30 am-Noon
Maxwell Unified	515 Oak Street	Maxwell	Band Room	4/21	6:30 am-Noon
Modoc Unified	906 W. 4th Street	Alturas	Board Room	4/26	6:30 am-Noon
Pierce Jt. Unified	540 A 6th St.	Arbuckle	District Office	4/23	6:30 am-Noon
Plumas Elementary	1718 Churchill Drive	Plumas Lake	Cobblestone El./Room 2	3/26	8:00 am-Noon
Red Bluff Union High School	1260 Union St.	Red Bluff	Art Center	3/30 & 3/31	6:30 am-Noon
Sierra-Plumas Jt. Unified	111 Beckwith	Loyalton	Loyalton Elementary	4/20	6:30 am-Noon
Stony Creek Jt. Unified	300 Sanhedrin Rd.	Elk Creek	Home Ec Room	4/13	6:30 am-Noon
Sutter County	1445 Veterans Memorial	Yuba City	Health Department	3/30 & 3/31	7:30 am-Noon
Sutter County Mental Health	1965 Live Oak Blvd.	Yuba City	Valley Oak Conference Room	3/17	7:30 am-Noon
Sutter County Public Guardian	539 Garden Hwy	Yuba City	Holly Oak Square	3/18 & 3/19	7:30 am-Noon
Sutter County Office of Ed.	970 Klamath Lane	Yuba City	North & South Board Room	3/19	6:30 am-Noon
Sutter County Office of Ed.	Wilbur Ave (One Stop)	Yuba City	Bldg A Conference Room	3/23	6:30 am-Noon
Sutter County Superior Court	446 Second St.	Yuba City	Traffic Court Conf. Room	3/17	6:30 am-Noon
Sutter Union High School	2665 Acacia Ave.	Sutter	Music Room	3/18	6:30 am-Noon
TTUSD/N. Tahoe High School	2945 Polaris Rd.	Tahoe City	TBD	4/28	8:00 am-Noon
TTUSD/ Truckee High	11725 Donner Pass Rd.	Truckee	TBD	4/29	8:00 am-Noon
TTUSD/Alder Creek Middle School	11725 Donner Pass Rd.	Truckee	TBD	4/30	8:00 am-Noon
Tehama County Dept. of Ed.	1135 Lincoln St.	Red Bluff	Conference Room E	4/29 & 4/30	7:00 am-Noon
Yuba City Unified	750 Palora Ave.	Yuba City	Facilities	4/21 thru 4/23	7:00 am-Noon
Yuba Community College	2088 N. Beale Rd.	Marysville	Room 100A & Room 11	4/21 & 4/23	6:30 am-Noon
Yuba Community College	2300 E Gibson Rd.	Woodland	Room 621	4/22	6:30 am-Noon
Yuba Community College	15880 Dam Rd. Ext.	Clearlake	Room 702	4/20	6:30 am-Noon
Yuba County Office of Ed.	935 14th St.	Marysville	Oak Room	3/23 & 3/24	6:30 am-Noon

If your site is not listed, call I.H.S. at 1-800-840-6100 or go online to www.interactivehs.com to schedule your testing date.

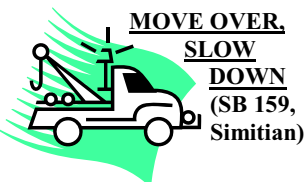
New Laws to Take Effect 2010

IGNITION INTERLOCK DEVICES (IID) (AB 91, Feuer)

Effective July 1, 2010, this new law establishes a pilot program (until January 1, 2016) in the counties of Alameda, Los Angeles, Sacramento and Tulare requiring a motorist convicted of a DUI to install an IID in his or her vehicle as a condition of being issued a restricted driver license, being reissued a driver license or having the privilege to operate a motor vehicle reinstated, subsequent to a conviction of any DUI offense.

DRIVING UNDER THE INFLUENCE (DUI) ZERO TOLERANCE (SB 598, Huff)

Effective July 1, 2010, this new law requires the DMV to advise second and third time DUI offenders of the following options: A driver can obtain a restricted driver license that allows driving after serving a 90-day suspension period for a second conviction of misdemeanor DUI if the violation only involves alcohol. A driver can obtain a restricted driver license that allows driving after serving a six month suspension period for a third conviction of misdemeanor DUI if the violation only involves alcohol. The offender must enroll in a DUI program. The offender must install and maintain an IID in their vehicle.



•This new law removes the January 1, 2010, sunset date on California Vehicle Code Sections 21809 and 25253.

Currently, California Vehicle Code Section 21809 requires that a person driving a vehicle on a freeway and approaching in a lane immediately adjacent to a stationary authorized emergency vehicle that displays emergency lights, or a stationary tow truck that displays flashing amber warning lights, to safely make a lane change from that lane, or slow to a reasonable and prudent speed.

Currently, California Vehicle Code Section 25253 requires tow trucks to be equipped with flashing amber warning lamps and authorizes tow trucks to display flashing amber warning lamps while providing service to a disabled vehicle. This section also prohibits tow trucks from displaying flashing amber warning lamps on a freeway except when an unusual traffic hazard or extreme hazard exists.

TELEVISION BROADCAST OR VIDEO SIGNAL (AB 62, Portantino)

This new law allows a person to drive a motor vehicle with a television receiver, video monitor, television or video screen, or any other similar means of visually displaying a television broadcast or video signal if the equipment is designed, operated and configured in a manner that prevents the driver of the motor vehicle from viewing the television broadcast or video signal while operating the vehicle in a safe and reasonable manner.

CRIMES AGAINST HIGHWAY WORKERS – ASSAULT & BATTERY (AB 561, Carter)

This new law amends California Penal Code Sections 241.5 and 243.65 by expanding the definition of a highway worker to include employees of a city or county who perform specified activities related to local streets and roads.

This new law also includes in the definition of a highway worker, employees of a contractor while working under contract with the Caltrans, contractors and employees of contractors while working under contract with a city or county and volunteers.

PERSONAL LIABILITY IMMUNITY (AB 83, Feuer)

This became a law August 6, 2009 and provides that a Good Samaritan (general public, off-duty medical or off-duty law enforcement personnel) who renders medical or non-medical care at the scene of an emergency would not be liable for any civil damages resulting from any act or omission.

CHARTER PARTY CARRIERS (AB 636, Jones)

This new law requires the Public Utilities Commission (Commission) to permanently revoke a charter party carrier's (CPC) authority to operate or permanently bar it from receiving a permit or certificate for specified violations.

TOLL EVASION VIOLATIONS (AB 628, Block)

This new law would allow toll authorities to implement a pay-by-plate system. Toll authorities would use the existing camera systems to capture an image of the license plate of vehicles crossing the toll and then send a bill to the registered owner of the vehicle.

BICYCLES (SB 527, Kehoe)

This new law allows a person to ride a bicycle without a seat if the bicycle was designed by the manufacturer to be ridden without a seat.



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

EnvisionRxOptions

www.envisionrx.com

Drug Discount Card

www.envisiondrugcard.com/tcsig

Orchard Pharmaceutical

Mail Order

www.orchardrx.com

Human Behavior Associates

www.callhba.com

Delta Dental of California

www.deltadentalins.com

Vision Service Plan

www.vsp.com

How on earth are you ever going to explain in terms of chemistry and physics so important a biological phenomenon as first love?

Albert Einstein



Tri-County Schools Insurance Group

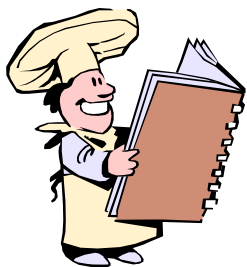
1445 Butte House Road, Suite A
Yuba City, CA 95993

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

Go Green with Delta Dental Benefit Statements

Help the environment and enjoy the convenience of accessing your dental benefits statements online anytime. If you are enrolled in the Delta Dental PPO or Delta Dental Premier® plan, you can sign up to receive e-mail notification and discontinue your mailed statements. It's simple.

- Just sign in to **Online Services at: www.deltadentalins.com** with your username and password. If you haven't registered to get a username or password, you will need to.
- Click the **My Profile** link.
- Go to the **Preferences** section and select the **Online with E-mail Alerts** button.
- Press **Submit**.
- If you haven't already registered for an Online Services account, click on the **Register Today** link on the home page to take advantage of these other convenient services:
- Check benefits, eligibility and claims status
- Print your ID card
- Find the average cost of a dental procedure in your area



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.

Healthy Chicken Parmesan Recipe for Your Loved Ones

Chicken Parmesan

- 1/2 cup seasoned bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 egg whites
- 1/2 cup skim milk
- 1/2 cup all-purpose flour
- 4 (6 ounce) skinless boneless chicken breast halves, pounded to 1/2-inch thickness
- Olive oil cooking spray
- 1 jar good-quality marinara sauce (about 3 1/2 cups)
- 3/4 cup (3 ounces) shredded part-skim mozzarella cheese
- 2 tablespoons (1/2-ounce) shredded Parmesan

DIRECTIONS:

Preheat the oven to 400 degrees F. In a medium bowl, place the bread crumbs. In another bowl, whisk the egg whites and milk together. In a third bowl stir together the flour, and the 1/4 teaspoon salt and 1/4 teaspoon black pepper. Dip each piece of chicken, 1 piece at a time, in flour, shaking off excess, then egg, then bread crumbs, shaking off excess. Place breaded breasts in a glass baking dish. Bake breasts until cooked though and crumbs are browned, about 25 minutes. Top with marinara sauce, mozzarella and parmesan and return to oven for an additional 10 minutes, until cheese is bubbling.

From Delta Health Connect