

# Tri-County Schools Insurance Group

Newsletter  
Volume 3, Issue 3  
June 2010

## Inside This Issue

Anxiety Problems Contribute to Oral Health Problems	2
Envision News	2
Health Talk: Honesty Important in Quality of Eye Exams	3
TCSIG's Summer Hours	4
TCSIG Drug Discount Card Works!	4

### What is a Delta TeamCare Health Coach?

A Health Coach is a master-degreed health educator who can work with you to start making changes to live healthier. Making any kind of change to your normal routine can be difficult. Your Health Coach works with you to help you set up goals and collaborates with you to come up with solutions to obstacles that may stand in your way of making changes.

Our philosophy is simple: "everything one step and one day at a time!" We firmly believe in "baby steps" when it comes to change. Permanent change takes time and practice, which is why you have a Health Coach to help you pace yourself and manage your change in a way that will be successful for you.

Delta TeamCare's Health Coaches can

### 90 - Day At Retail Program

It's vacation time again or will be soon. Leaving home for a new place or destination can be so exciting. If you have to take medications though, it can be frustrating at the same time. It doesn't have to be.

TCSIG and EnvisionRxOptions have a wonderful program available to our members. It's called the **90-Day at Retail Program**.

Raley's, Walgreens, CVS and Rite Aid are the participating pharmacies that will fill your 90-day prescription. They do it right there at the pharmacy and you can take your 90-day supply home with you. No need to register for a mail-away program. You will pay the mail order costs of \$14 for a generic, \$50 for a preferred brand, and



work with you through our online program or by phone. You decide how often to work with your coach and what health concerns you'd like to explore.

To join our online program, visit [www.deltahealthsystems.com](http://www.deltahealthsystems.com), sign in as a participant, then click on the health coaching link. For directions on how to log in to our coaching site visit: <http://tiny.cc/xajle>.

To join or telephonic program call 866-724-0032. ♦

Reprinted with permission by Delta Health Systems

## Summer is Here

\$90 for a non-preferred brand.

Then you are off to wherever the trail leads you, no worries about getting your medication prescriptions filled. There will be one less thing to think about.

### TCSIG's Group Life Changes

If you have our life insurance as part of your benefit package, you will want to read on.

TCSIG has changed life insurance carriers. It was SunLife, but as of July 1, 2010, it will be **Lincoln Financial Group**.

As part of the benefit with Lincoln Financial, we have the TravelConnect Program. Lincoln Financial has partnered with MEDEX Assistance Corporation, a worldwide leader in travel assistance, to make this valuable benefit available to you and your immediate family. It covers many travel services when you are 100 miles or more from home. These services are provided for both business and leisure travel.

Here is a list of just some of the services provided to you at no cost:

- Destination Info-weather, currency, & more
- Emergency travel arrangements & funds transfer
- Lost or stolen travel documents assistance
- Emergency medical evacuation & transportation
- Dependent child transportation if left unattended
- Medical & dental referrals

These are just a few of the many services available. To find out more about this program, you can go to [www.JPFIC.com](http://www.JPFIC.com), policy # 000010129714.

To use TravelConnect services, call MEDEX at 800-527-0218 or 410-453-6330 and provide them with ID number 322541.

Brought to you by C.O.R.E

Community Outreach for Risk Education

A NON-PROFIT ORGANIZATION

# Anxiety Disorders Contribute to Oral Health Problems

Anxiety disorders, which include phobias, panic attacks, generalized anxiety, and post-traumatic stress disorders (PTSD), are serious conditions with oral health implications that can be treated with a variety of methods.

Oral health problems associated with anxiety disorders include canker sores, dry mouth, Lichen Planus (lacy white lines, red areas or mouth ulcers), turning mouth syndrome, and temporomandibular joint disorders. Patients with anxiety disorders may disregard their oral health altogether and are at an increased risk for dental

caries, periodontal disease, and bruxism (grinding).

Some medications decrease the mouth's ability to produce saliva, which can increase the risk of developing tooth decay and periodontal disease. Other medication side effects include dry mouth, vomiting (which could cause tooth decay and erosion), anemia and bleeding.

Tell your dentist about your anxiety disorder and what medications you take to alert him or her to these symptoms. ◆

Reprinted with permission from Delta Dental of CA

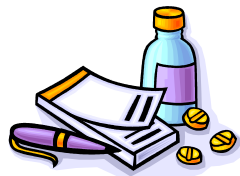
## Envision News

# Proton Pump Inhibitors (PPI): Class Labeling Change

including Nexium, Dexilant, Prilosec, Zegerid, Prevacid, Protonix, Aciphex, Vimovo, Prilosec OTC, Zegerid OTC, and Prevacid 24HR

FDA notified healthcare professionals and patients of revisions to the prescription and over-the-counter [OTC] labels for PPI, which work by reducing the amount of acid in the stomach, to include new safety information about a possible increased risk of fractures of the hip, wrist, and spine with the use of these medications.

The new safety information is based on FDA's review of several epidemiological studies that found those at greatest risk for these fractures received high doses of proton pump inhibitors or used them for one year or more. The majority of the studies evaluated individuals 50 years of age or older and the increased risk of fracture primarily was observed in this age group.



As a precaution, the "Drug Facts" label on the OTC proton pump inhibitors (indicated for 14 days of continuous use) is being revised to include information about this risk. FDA recommends healthcare professionals, when prescribing proton pump inhibitors, consider whether a lower dose or shorter duration of therapy would adequately treat the patient's condition.

The safety communication includes a data summary with a table and references which support the epidemiological studies reviewed for this communication.

For more information, please visit: [www.fda.gov](http://www.fda.gov) ◆

Reprinted with permission from EnvisionRxOptions



## Ingredients

- 2 tablespoons olive oil
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 medium onion, diced
- 1 red pepper, cut into thin strips
- 1 pound chicken breasts, cut into strips
- 1 can black beans, drained
- 4 wheat, flour tortillas
- 1/4 cup reduced fat shredded Cheddar cheese
- 1/4 cup salsa

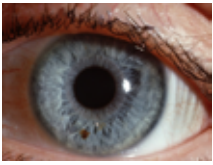
## Instructions

Heat olive oil in a large pan over medium heat. Add onion and peppers and saute until soft, about 5 minutes.

Remove vegetables from the pan and put aside. Add chicken breasts and season with chili powder, garlic powder, and salt. Cook for 7 minutes or until done. Add the onion and peppers to chicken. Put chicken mix in tortillas and top with beans, cheese and salsa.

## Outdoor Workouts

Do your outdoor workout early or late in the day. Avoid direct sunlight between 10 a.m. and 3 p.m. to minimize damage from the sun. City dwellers will also avoid auto emissions by going out early and staying away from busy streets. You still need sunscreen in the morning or afternoon.



V.S.P. Vision Care for Life

# Health Talk: Honesty Important in Quality of Eye Exams

Today's culture is awash in stories of identity theft, personal information breaches and high-tech hijinx. Fearing these may cause some of you to shun sharing information with those who need it most: your doctors.

That goes for eye doctors too. Dr. Julia Edwards, an optometrist from DeForest, Wis., recalls a case in point. The patient's willingness to talk and share information about himself helped the doctor diagnose his problem. He was young and healthy, but had a yellowish tint to his eyes that was bugging him. Dr. Edwards spotted it right away.

**Tell your doctor about any vision problems.**

"We started talking," she recalls, "and he told me he was a health food enthusiast." A few more questions later, and Dr. Edwards learned the man was drinking a ton of carrot juice a day - a surefire way to develop a yellowish tint in the eyes. The easy answer was "get off the juice" - or cut back at least.

Many of us may not realize the connection

between lifestyle and health - including eye health. But it's huge. So, sharing personal lifestyle information is a big part of doctors doing the right thing for us. "The more we know about a patient," says Dr. Edwards, "the better we can prescribe the right glasses or anticipate and treat visual problems."

Dr. Edwards is eager for her patients to not only share information, but also ask questions. Ask about certain parts of your eye exam you don't understand. "Ask about the consequences of your condition," she says. "For example, how it will affect your vision and what kinds of tests you will need." Ask about treatment options.

Dr. Edwards says bring a pen and paper to the exam, so you can jot down notes and call back later with more questions.

Dr. Edwards suggests the following prep steps to make a great eye exam even better.

### Go On Record.

The health record, to be exact. Bring your list of

medications, prescription and non-prescription, to your eye exam. That means antihistamines, decongestants, even vitamins. "People typically overlook over-the-counter products," Dr. Edwards says, "even though they often have an effect on the eyes." Tell your doctor about any vision problems, and if you have medical conditions like high blood pressure or diabetes, share it. Family health history is also important to share because most eye diseases have some genetic component.

### Daily Digest.

When your doctor understands your lifestyle, he or she can help you find the perfect eyewear choice for you. Be ready to talk about your daily habits and hobbies. Do you use a computer? How many hours a day? Is the lighting in your office natural or artificial? Do you do a lot of close-up work or work outdoors? Certain hobbies, like sports, reading and needlework, can impact eyewear suggestions, so share those too. The right eyewear can protect your eyes, enhance your skills and improve your vision. ◆

Reprinted with permission from VSP.com

**Website Resources are just a "mouse click" away.**



**Tri-County Schools Insurance Group**  
[www.tcsig.com](http://www.tcsig.com)

**Delta Health Systems**  
[www.deltahealthsystems.com](http://www.deltahealthsystems.com)

**Anthem Blue Cross**  
[www.anthem.com/ca](http://www.anthem.com/ca)

**EnvisionRxOptions**  
[www.envisionrx.com](http://www.envisionrx.com)

**Drug Discount Card**  
[www.envisiondrugcard.com/tcsig](http://www.envisiondrugcard.com/tcsig)

**Orchard Pharmaceutical Mail Order**  
[www.orchardrx.com](http://www.orchardrx.com)

**Human Behavior Associates**  
[www.callhba.com](http://www.callhba.com)

**Delta Dental of California**  
[www.deltadentalins.com](http://www.deltadentalins.com)

**Vision Service Plan**  
[www.vsp.com](http://www.vsp.com)

*"Laughter is an instant vacation."  
Milton Berle*

# CORE (Community Outreach for Risk Education)

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

Newsletter brought to you by CORE • A Non-Profit Organization

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

NONPROFIT ORG  
US POSTAGE PAID  
YUBA CITY, CA  
PERMIT NO 22



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.



## TCSIG's Summer Hours

TCSIG's Summer Hours Begin June 7, 2010.

Our office will be open Monday through Thursday from 8:00 am until 5:00 pm.

If you have a medical claims issue, you need help and it's Friday, call Delta Health at 800-464-7627. If you have a prescription issue, you can call EnvisionRxOptions Helpdesk at 800-361-4542. You can also leave a message and we will get back with you on the next Monday.

Our summer hours will continue until September 4, 2010.



## Exercise of the Month Cycling

Riding your bikes as a family or with friends is a great way to get active and spend quality time together. Always remember to wear helmets and know the rule of the road. Most importantly . . .  
**HAVE FUN!**



## The TCSIG Free Prescription Discount Drug Card Works!

We have a report from one of our members. She said that her daughter doesn't have insurance and needed to pick up a prescription.

When the daughter presented the TCSIG Prescription Discount Drug Card, the pharmacist rang up the prescription and it was 55 percent less than what the drug would have been without the card! Get yours today for anyone you know who doesn't have insurance. You can download the card at:

[www.envisiondrugcard.com/tcsig](http://www.envisiondrugcard.com/tcsig)