

Tri-County Schools Insurance Group

Newsletter
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TCSIG: One of the Healthiest Companies in America!

Inside This Issue

TCSIG: One of the Healthiest Companies in America	1
What to Eat to Keep Your Teeth	2
7 Out of 10 Children Do Not Wear Sunglasses Outdoors	3
Tropical Fruit Smoothie	3
July is National Grilling Month	4

TCSIG Summer Hours



Monday—Thursday
8:00 am to 5:00 pm
CLOSED ON FRIDAYS

Our summer schedule
will be in effect
JUNE 6, 2011
through
SEPTEMBER 2, 2011



For the third consecutive year, Tri-County Schools Insurance Group has been named one of

the "Healthiest Companies in America." Interactive Health Solutions (IHS), of Arlington Heights, Illinois, the nation's leading provider of population health management programs, presented the award to the Executive Committee at their May 19, 2011 meeting.

TCSIG was one of 45 companies that were recognized as the Healthiest Companies of America for 2010. Only 20 companies have received this recognition 3 years in a row, and TCSIG is one of them. These companies have significantly improved employee health while reducing healthcare costs through employee participation.

Interactive Health Solutions reported that this year they contacted over 150 members with life threatening health conditions that required their immediate attention. This intervention literally saved lives.

The Executive Board being presented with one of the "Healthiest Companies in America" plaques.



The Healthiest Companies in America for 2010 rankings are based on a series of clinical evaluations of employee participants across an index of key health indicators designed by Interactive Health Solutions.

What does a Healthiest Company in America (HCA) look like?

- One of the evaluations is what percentage of employees is low risk. (HCA) is 74%. TCSIG's score is 73%.
- The comparison of employees with improved blood pressure was HCA 86% and for TCSIG 85%.
- The score for improved LDL was HCA 76% and TCSIG matched at 76%.
- They also looked at what percent of the tested population smoked. HCA showed 9%, TCSIG came in at 6%.
- The last category was the percentage of smokers who quit. HCA had 27%, TCSIG 23% .

Standing from left to right:

Lisa Kwiecien, I.H.S. representative, Nancy Aaberg, President Ryan Robison, Cindy Sutfin, Stephanie Larsen, Julie Tucker, Roxy Williams, Daena Meras, Danielle Wilson, and Susie Tierney.

Seated left to right:

Secretary Al Alt, Jamie Cannon, Susan Walter, and Linda Protine.

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Community Outreach for Risk Education

A NON-PROFIT ORGANIZATION

What to Eat to Keep Your Teeth



Today's nutritional approaches to oral health go beyond "don't eat sugar."

"Adequate nutrition is important in disease prevention, and nutritional counseling is becoming an increasingly important tactic in preventive dentistry," says Ken Sutherland, DDS, senior dental consultant at Delta Dental. "The quality and consistency of foods, their nutritional composition and the combinations in which they are eaten can affect oral health, including the likelihood of tooth decay," he adds.

Ongoing research indicates that antioxidants and other nutrients found in fruits, vegetables, legumes and nuts may strengthen immunity and improve the body's ability to fight bacteria and inflammation, all of which can help protect the teeth and gums. And some foods and dietary habits even have distinct effects on the mouth's ability to handle cavity-causing bacteria attacks.

For example:

- **Calcium-fortified juices, milk and other dairy products** are rich in **calcium** and **vitamin D** and help promote healthy teeth and bones, reducing the risk for tooth loss. Adding powdered milk to cooked dishes helps those who don't like milk or cheese to get some of the calcium needed to protect teeth and jawbones.
- **Cheese** unleashes a burst of calcium

that mixes with plaque and sticks to the teeth, protecting them from the acid that causes decay and helping to rebuild tooth enamel on the spot.

- Crisp fruits and raw vegetables, like **apples, carrots** and **celery**, help clean plaque from teeth and freshen breath.
- Antioxidant vitamins, such as **vitamin C**, and other nutrients from **fruits** and **vegetables** help protect gums and other tissues from cell damage and bacterial infection.
- Recent studies indicate that **fresh cranberries** interrupt the bonding of oral bacteria before they can form damaging plaque.
- **Folic acid** promotes a healthy mouth and supports cell growth throughout the entire body. This member of the B vitamin family is found in **green leafy vegetables** and **brewer's yeast**.

You may already know that cavity-causing organisms feed on the sugar in foods such as soda, chocolate milk and candies and convert it to acid, which attacks tooth enamel and causes tooth decay. But did you know the following:

- Acidic foods and drinks such as carbonated drinks, citrus fruits and juices, wine, pickles and honey can cause tooth enamel to wear away and teeth to become



sensitive, cracked and discolored.

Timing is Everything

A diet that promotes good oral health is not just about the foods you eat or avoid — when and how you eat them is equally important.

- Foods that take a long time to chew or that you hold in your mouth (such as cough drops) can damage teeth as they hold sugar against teeth longer than do other foods.
- Instead of snacking on sugary, carbohydrate-rich or acidic foods throughout the day, eat these foods just during meal times in order to minimize the amount of time teeth are exposed to acid. In addition, the body produces more saliva to help digest larger meals, which washes away more food and helps neutralize harmful acids before they can attack teeth.

Information courtesy of the Academy of General Dentistry.

A True Story

When you move to another state, TCSIG and all the benefits go with you.

If you encounter problems in using your benefits, just call us here at the office. We will do all we can to resolve the problem.

For example:

The daughter of a TCSIG member moved out of California. The daughter had been receiving Chiropractic care and now needed to find a new Chiropractor.

She called her mom who called TCSIG. TCSIG called ChiroMetrics to explain the situation. ChiroMetrics researched

the area, found a Chiropractor who would see the member and sign on with ChiroMetrics. ChiroMetrics notified the member, the daughter saw the Chiropractor and our story has a happy ending.

So if you are traveling, moving, or living out of state, we will be here for you. Just call 866-822-5299. Help is just a phone call away.

Seven Out of Ten Children Do Not Wear Sunglasses Outdoors

Even with new regulations on the labeling of sunscreen products to help consumers better protect their skin, many Americans are still unaware of the sun's damaging effects on their eyes. In fact, a survey by VSP Vision Care found that while 68 percent of adults wear sunglasses outdoors, less than 30 percent of children wear sunglasses outdoors.

"The sun contains a wide spectrum of radiation, such as ultraviolet A (UVA) and ultraviolet B (UVB) rays, which damage the eyes the same way they damage the skin. However, much of the damage the sun causes can be prevented simply by wearing a pair of sunglasses that block UVA and UVB rays," said Dr. Leanne Liddicoat, a VSP optometrist who stars in VSP Vision Care's EyeFiles web series, which can be viewed on the EyeFiles tab on the VSP Facebook page: www.facebook.com/VSPVisionCare. The latest video highlights the importance of wearing sunglasses at any age.

UVA and UVB rays can cause cataracts and macular degeneration, and are believed to cause melanomas (cancerous growths both inside and around the eyes), all of which can cause blindness. UV damage is cumulative over time, so it's never too early or too late to start

protecting your eyes from the sun, especially with your children.

"Parents wouldn't dream of bringing their children to the beach without sunscreen, and yet we often leave their eyes exposed to the same dangers of the sun," said Dr. Liddicoat. "I encourage parents to have their children wear sunglasses as soon as possible, as it's important to create healthy habits early."

Similar to sunscreen protection, sunglasses have certain requirements needed to best protect your eyes.

When purchasing sunglasses for yourself and your family, Dr. Liddicoat offers the following tips:

- *Look for sunglasses that offer 100% UVA and UVB protection.*
- *Consider polarized lenses that cut down on glare from lakes, rivers, oceans and beaches.*
- *Children's sunglasses should have a strap that keeps them secure on their face and keeps them from getting lost.*
- *The more coverage the frame gives your face (both in size and how much it wraps around your face) the more protection you will receive.*

Used with permission from VSP Vision Care

Website Resources are just a "mouse click" away.



Tri-County Schools
Insurance Group
www.tcsig.com

ChiroMetrics
www.tcsigchiro.com

Delta Health Systems
www.deltahealthsystems.com

Anthem Blue Cross
www.anthem.com/ca

EnvisionRxOptions
www.envisionrx.com

Drug Discount Card
(for the uninsured)
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



Tropical Fruit Smoothie

Ingredients

1 mango, peeled and seeded
1 papaya, peeled and seeded
1/2 cup fresh strawberries
1/3 cup orange juice
5 cubes ice

Directions

Place the mango, papaya, strawberries, orange juice, and ice cubes in an electric blender. Process until the ingredients are smooth.
Nutritional Information : Amount Per Serving
Calories: 129 | Total Fat: 0.6g | Cholesterol: 0mg

allrecipes.com/Recipe/tropical-fruit-smoothie

Did you know?

You can sign up to receive newsletters and information by email from TCSIG. Register at www.tcsig.com.

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

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

July is National Grilling Month **Safe Tips for Grilling**

The National Fire Protection Agency reports that about 1,000 structure fires and 3,400 outdoor fires were caused by barbecue grills in one recent year.

It is important to realize that safe grilling begins before the cooking starts.

Gas Grills

Check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is. NEVER use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is at least three feet away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you are ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm.

When the party is over, store the grill outside and way from the house. Make sure the valves are turned off.

Charcoal Grills

Use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash.

Never use a barbecue grill indoors or in an unventilated space. It is a fire hazard and could cause carbon monoxide poisoning.

Since you now know how to grill safely, *Bring on the Barbecue!*



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.

