

# Tri-County Schools Insurance Group

Newsletter  
Volume 5, Issue 1  
January / February 2012

## Inside This Issue

Walk Across America	1
If you Suspect a Stroke	2
I.H.S. Testing Coming. Incentives are \$25-\$50	2
CDC Now Recommends the Seasonal Flu Shot for People with Egg Allergy	3
Chew On This	3
Lighting Changes Starting 2012	4
Ways to Burn 100 Calories	4



*"We are all a little weird and  
life's a little weird, and when we  
find someone whose weirdness is  
compatible with ours, we join up  
with them and fall in mutual  
weirdness and call it love."*

Dr. Seuss

## WALK ACROSS AMERICA

Walking is a low impact and effective way to increase your health and fitness. Walking can be done almost anywhere, indoors or outdoors, on a break from work or with your family. Regular physical activity offers many health benefits including controlling your weight, decreasing your risk of heart disease, Type 2 Diabetes, Metabolic Syndrome and some cancers. Maintaining a healthy lifestyle ensures strong bones and muscles, improves your mental health and mood and increases your chances of living longer.

TCSIG and Delta TeamCare are excited to announce the *TCSIG Walk Across America*. This four month Walking Challenge (February 1 – May 31, 2012) is sure to be fun for all! You can sign up to be a part of the Walk Across America as a Team of 5 or Individual. Each participant will receive a pedometer, walking plan, and access to free health coaching through Delta TeamCare. Motivational and educational information will be sent to you throughout the walking challenge.

All you need to do is wear your pedometer daily, keep track of your steps, remember to report them on a weekly basis, and have fun! Prizes will be awarded for accomplishing goals along the way.

Registration is now available online for those who are ready to take the challenge. There are two separate links, one for



individual and one for Teams of 5. To complete the registration, you must provide your name, email address, phone number and place of employment. If you are registering a Team of 5, you must have this information for all 5 team members. Teams of 5 must also provide a team name upon registration.

*Registration for the Walk Across America will close on Friday, January 20, 2012.*

### Team of 5 Registration:

[www.surveymonkey.com/s/  
TCSIG\\_TeamRegistration](http://www.surveymonkey.com/s/TCSIG_TeamRegistration)

### Individual Registration:

[www.surveymonkey.com/s/  
TCSIG\\_IndividualRegistration](http://www.surveymonkey.com/s/TCSIG_IndividualRegistration)

Walk Across America informational webinars will be held in December and January. Webinar attendance is not required, but is recommended.

For questions about the Walk Across America, information on how to register for an informational webinar, or to speak with a health educator about improving your health and well-being, please contact Delta TeamCare at 866-724-0032 or [teamcare@deltapro.com](mailto:teamcare@deltapro.com).



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Community Outreach for Risk Education

A NON-PROFIT ORGANIZATION

## If You Suspect A Stroke, Act FAST

Reprinted from Sutter Foundations' Your Health Winter 2011

Stroke, also known as a brain attack, is the fourth leading cause of death and the leading cause of disability in the United States.



Despite the danger that stroke poses, many people do not know much about this medical condition. If you're one of them, read on, so you can protect yourself and your loved ones.

A stroke usually occurs when a blood vessel to the brain becomes blocked. Deprived of oxygen and nutrients, brain cells die, leading to mental disability, loss of speech or movement, and even death.

To help you remember the symptoms that stroke causes, think FAST. The word FAST combines three common stroke warning signs with a plan of rapid action.

- ▶ Face numbness or weakness, especially on one side.
- ▶ Arm numbness or weakness, especially on one side of the body.
- ▶ Speech slurring or difficulty speaking or understanding.

- ▶ Time to call 911, if these symptoms occur suddenly or accompany vision problems, loss of balance, dizziness or sudden, severe headache, even if the symptoms disappear after a few minutes.

### Cut Your Stroke Risk

You can lower your risk for stroke by taking these steps:

- ▶ Keep your blood pressure, blood sugar and cholesterol levels in a healthy range. If your doctor has prescribed medication to help you do this, take them.
- ▶ If you smoke, take steps to quit.
- ▶ If you drink alcohol, do so in moderation. That means one drink a day for women and two drinks a day for men.
- ▶ Exercise every day to promote circulation and a healthy weight.
- ▶ Eat a diet low in salt, sugar and unhealthy fats, and try to get five servings of fruits and vegetables daily.



## I.H.S. Testing is Coming!

Incentives are \$25-\$50

Mark your calendars! The testing window is going to be April 2-June 1, 2012. Flyers will be coming to your work sites soon.

This **confidential and free** health evaluation includes a state-of-the-art blood screening, blood pressure analysis and key health risk assessment (HRA).

To schedule your test once the flyers have been received by your site, visit [www.interactivehs.com](http://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.

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.

As with last year, the \$25 incentive check will be paid to each participant. If you participated last year, and participate this year, your incentive check will be \$50.

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.

## Balsamic and Parmesan Cauliflower



### Ingredients

8-cups 1-inch-thick slices cauliflower florets, (about 1 large head; see Tip)  
2 tbsps. extra-virgin olive oil  
1 tsp. dried marjoram  
1/4 tsp. salt  
Freshly ground pepper to taste  
2 tbsps. balsamic vinegar  
1/2-cup finely shredded Parmesan cheese

### Instructions

Preheat oven to 450°F. Toss cauliflower, oil, marjoram, salt & pepper in a large bowl. Spread on a large rimmed baking sheet & roast until starting to soften & brown on the bottom, 15 -20 minutes.

Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5-10 minutes more.

### Tips & Notes

To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion-removing a "plug" from the center of the head. Break or cut florets into the desired size.

Per serving: 149 cal; 10g fat (3g sat, 6g mono ); 7 mg cholesterol; 10g carbohydrates; 7g protein; 4g fiber; 364mg sodium; 490 mg potassium.

From EatingWell: [www.eatingwell.com/recipes/balsamic\\_parmesan\\_roasted\\_cauliflower.html](http://www.eatingwell.com/recipes/balsamic_parmesan_roasted_cauliflower.html)

## CDC Now Recommends the Seasonal Flu Shot For People with Egg Allergy

The Center for Disease Control and Prevention's Advisory Committee for Immunization Practices (ACIP) recommends that people with egg allergy receive the seasonal influenza vaccine, especially if they only have had a mild egg-allergic reactions such as hives.

The seasonal influenza vaccine is produced in chicken eggs. Ovalbumin, an egg protein, is often listed as a component of the purified vaccine on most drug-package inserts. The concentration of ovalbumin indicates the potential egg-allergen content of a vaccine.

Earlier ACIP guidelines recommended against giving the influenza vaccine to people with egg allergy, including those with a history of mild symptoms.

Several studies have shown that influenza vaccine containing inactivated, or killed virus is safe to give to people with egg allergy, especially those with a history of mild allergic reactions.

Influenza vaccines are now made with much lower ovalbumin concentrations than in the past;

therefore, the level of potential egg protein allergens in a single dose of vaccine is extremely low.



The following are ACIP recommendations for the 2011 to 2012 influenza season:

- ▶ Inactivated influenza vaccine (seasonal flu shot) is safe to give to people whose history of allergic reactions to egg has been limited to hives.
- ▶ People with more severe allergic reactions to egg may receive the seasonal flu shot, but the vaccine must be given by a healthcare professional familiar with the signs and symptoms of an allergic reaction to egg and who has the ability to treat a severe reaction if one occurs.

These recommendations do not apply to the nasal spray form of the vaccine, which contains live, but weakened, influenza virus.

Source: [www.niaid.nih.gov](http://www.niaid.nih.gov)

TCSIG covers this vaccine as part of preventative care.

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



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

ChiroMetrics  
[www.tcsigchiro.com](http://www.tcsigchiro.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 (for the uninsured)  
[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)

## Chew on this. *By Delta Dental of CA*

Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities because chewing stimulates saliva, which helps keep teeth clean, while xylitol inhibits the growth of the oral bacteria that cause cavities.



## Did you know?

You can sign up to receive newsletters and information by email from TCSIG. Register at [www.tcsig.com](http://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

## Lighting Changes Starting 2012



The U.S. Department of Energy (DOE) has announced new energy-efficiency legislation that will impact the manufacture of incandescent light bulbs, linear and U-shaped fluorescent lamps, and PAR lamps.

### *What does the legislation say?*

Between 2012 and 2014, standard A-line 40- and 100-watt incandescent light bulbs must use 30% less energy, but produce the same light output as

the incandescent bulbs most of us use today.

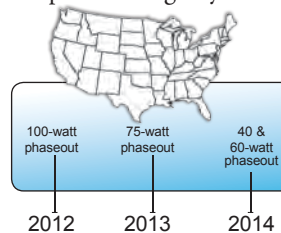
### *What does this mean for me?*

While you won't be required to throw out your existing bulbs, you may be surprised when trying to find the same replacements at the store. After 2012, you'll find that these bulbs will have to be replaced with energy-efficient options, such as Halogen, CFL and LED light bulbs.



### *How much energy can an energy-efficient lighting really save?*

The most common alternative to incandescents used today is the CFL. While the upfront investment is more for these bulbs, the cost is offset in savings and product longevity.



## Ways to Burn 100 Calories

Vacuuming around your home for 25 minutes

Brisk walking for 15 minutes

Dancing for 20 minutes

Ironing your clothes for 25 minutes

Playing Golf for 20 minutes

\*All counts are based on a 150-pound individual.

### DID YOU KNOW?

- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- A new baby usually deprives each of its parents around 350-400 hours of sleep in the first year. That is one entire night's sleep per week, per parent.
- If you mouth the word "colorful" to someone, it looks like you are saying "I love you".

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.

