

Member Newsletter

TRI-COUNTY SCHOOLS INSURANCE GROUP
Serving Our Members Since 1983

Wellness Programs

Tri-County Schools Insurance Group in partnership with Delta Health Systems offers its members and their families access to a variety of wellness programs focused on Stress Management, Weight Management, Healthy Eating, Physical Activity, Pre and Post Natal classes and Tobacco Cessation.

These one-on-one sessions are done over the phone. The wellness programs are offered at no charge, they are also confidential and are conducted at times that are most convenient for our members. Most of these sessions last between 10 and 15 minutes and are completed in just a few short months.

During the program you will work with your very own health coach to help you make lifestyle changes that effect your health. These wellness sessions allow you to focus on making changes that last.

Call 866-724-0032 to enroll in one of the wellness programs listed below.

Stress Management

Stress is the physical and emotional response that occurs when the requirements of your day don't match your capabilities, resources or needs.

Explore different techniques to learn how to manage stress.

Weight Management

With our comprehensive weight management program you can start your journey towards being a healthier you. This program covers healthy eating and physical activity. Learn how many calories you should consume and how to start to be more active. Set a goal and work to reach it.

Healthy Eating

We are faced with unhealthy food choices every day, we lack the time to make healthy meals and we are tempted by diets that offer a quick fix.

This program will give you the tools to learn to eat right and to achieve your healthy lifestyle goals.

Physical Activity

Learn the importance of physical activity. During this program you will be provided tips and guidelines to get your heart pumping by doing cardio, strength training, stretching and flexibility techniques. You will also learn ways to stay motivated.

Pre and Post Natal

One good way to prepare for childbirth is to enroll in one of Delta TeamCare's prenatal classes. The class will help you learn more about what you are experiencing and help you prepare for the changes and challenges after you have had your baby.

Tobacco Cessation

Have you wanted to quit using tobacco? This program will provide you with the tools and ways to stay motivated to quit.

**Call toll-free
866-724-0032 to
enroll today!**

Volume 2, Issue 3
Newsletter Date
July 2009

Inside this issue:

Seven Habits of Healthy People

Spend Smart/Save Smart Tips

Advice to Consumers

Website Resources

Don't Let Summer Heat Stop Your Workout Cold

Urgent Medical Device Recall

Beat that Afternoon Slump

Did you know?

- Lemons contain more sugar than strawberries
- The onion is named after a Latin word meaning large pearl
- Half of the world's population lives on a staple diet of rice
- Cream is lighter than milk
- The first breakfast cereal ever produced was Shredded Wheat

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

— Abraham Lincoln



Seven Habits of Healthy People

Here are seven of the healthiest habits you can adopt into your lifestyle to reduce disease risk and optimize your health.

1. Exercise Regularly

Strive for moderate intensity physical activity at least 20 minutes for three or more days per week.

2. Get Enough Sleep

Most Americans are sleep deprived, so be sure to give your body the rest it needs to function at top capacity.

3. Eat Healthy

A low-fat diet rich in fruits, vegetables and whole grains is important. Be sure you drink plenty of water, too.

4. Watch Your Weight

Obesity is a growing problem in this country, and the negative impact on your health is significant. If you are overweight, lose the extra weight.

5. Protect Yourself from Sun Exposure

Wear sunscreen and a hat when you are outside, especially between the hours of 11 a.m. to 4 p.m. as the sun is hottest during this time period. If you like the look of a "healthy" summertime tan, opt for one of the many self-tanning creams on the market today rather than going to a tanning salon.

6. Don't Smoke

If you smoke, make an effort to stop today. There are many smoking cessation programs

and methods out there. Find one that works for you and take the steps to quit.

7. Take Time to Relax and Enjoy Life

Many of us just don't have enough hours in the day to do everything we want. So, rather than over committing your time, decide what is important, put those things into your schedule and don't worry about the unimportant timewasters. If you are experiencing stress, stress relaxation techniques such as meditation or yoga can help.



Spend Smart/Save Smart Tips

◇ Track your spending, keep weekly and monthly totals to prevent overspending

◇ Develop a realistic budget and stick to it

◇ Instead of buying an item, think of alternate ways of getting it, like borrowing or sharing

◇ If necessary, go on a spending or credit "diet" or have a "spend-nothing week"

◇ Shop with a list. It will help you avoid impulse buying

◇ Think twice before buying. Ask yourself, "Do I really need this?"

◇ Pay more than the minimum on credit card payments. You'll pay off the balance faster and save more by paying less in interest

◇ Pay bills on time to avoid late charges and a negative credit report. Plan for savings. You should have at least three months of savings in reserve.

Advice to Consumers

Cook beef thoroughly

Eat ground beef or ground beef patties that have been cooked to a safe internal temperature of 160°F

• Use a thermometer to measure the internal temperature—it is the only way to be sure ground beef is cooked to a high enough temperature to kill harmful bacteria.

• Color is NOT a reliable indicator that ground beef or ground beef patties have been cooked to a temperature high enough to kill harmful bacteria such as E. coli

Refrigerate Meats

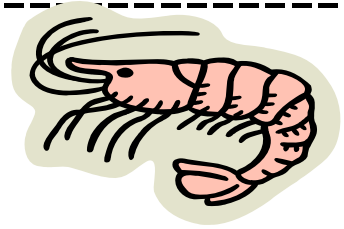
• Refrigerate raw meat within two hours after purchase or within one hour if temperatures exceed 90°F

• Refrigerate cooked meat and poultry within two hours after cooking

• To keep food safe, remember to Clean, Separate, Cook and Chill.

For more food safety information visit:

www.BeFoodSafe.gov



Lemon Shrimp Pasta with Asparagus

Ingredients

- 8 oz. uncooked rotini or other small-shaped pasta
- 1/2 lb. fresh asparagus
- 1/2 cup lemon juice
- 3 cloves minced garlic
- 1 Tbsp. brown sugar, packed
- 1/4 tsp. red pepper flakes
- 1 Tbsp. olive oil
- 1 lb. medium to large raw shrimp, cleaned without tail or 2 cups frozen shrimp
- 1 cup sliced green onions
- 1/4 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. Wash asparagus, breaking off tough ends. Cut into bite-sized pieces.
2. Cook pasta according to direction. During the last few minutes while the pasta is cooking, add the asparagus and cook until crisp-tender. Drain and keep warm.
3. Combine lemon juice, garlic, brown sugar, red pepper flakes and olive oil and mix well. Add shrimp and green onion and toss to coat. Heat a large nonstick skillet over medium-low heat until hot. Add shrimp mixture and cook until shrimp turn pink, 3-5 minutes.
4. Add cooked pasta and asparagus and toss to coat. Sprinkle with parmesan cheese and serve immediately.

Don't Let the Summer Heat Stop Your Workout Cold

Hydration is the key to fitness during the warmest time of year. Whether you run, bike, walk or play a pick-up basketball game – staying properly hydrated is the key to optimal health and fitness during the dog days of summer. Drinking plenty of water will prevent a host of heat related illnesses such as heat cramps, heat exhaustion, or heatstroke. Heat related illness can also lead to death if not immediately treated.

Factors that affect

Dehydration:

- ◇ The rate of perspiration
- ◇ Type of clothing an individual is wearing
- ◇ Environmental conditions (temperature, humidity)
- ◇ Fitness level of individual
- ◇ Intensity of exercise
- ◇ Individual's acclimation to the environment

Adequate Fluid

Replacement:

Although there is no specific amount of fluid an individual should drink, below is a list of the least you would want to start at and then increase as needed.

Before and During Exercise:

1. Drink 15-20 oz. water 2-3 hours prior to exercise
2. Weigh yourself before exercise
3. Continue to drink 7-10 oz. of water every 10-20 minutes during exercise
4. If exercising for more than 1 hour then a sports drink may be a better option. Drink 8-10 oz. every 15-30 min, with carbohydrate solution less than 10%.

After Exercise:

1. Weigh yourself again
2. For every 1 lb. lost, drink 20-24 oz. fluid
3. Check your urine. You should have a steady stream of light yellow urine which indicates you are well hydrated.

Signs of Dehydration:

- ◇ Thirst
- ◇ Decreased urine output
- ◇ Dark colored urine
- ◇ Dry mouth
- ◇ Sweating may stop
- ◇ Nausea and vomiting
- ◇ Muscle cramps
- ◇ Eyes stop producing tears

Water Intoxication

Water intoxication, also called hyponatremia, is a possibility as well. However, it mainly affects individuals involved in endurance sports. Due to the intensity and duration of these activities, these athletes need to rehydrate with sports drinks instead of water to prevent hyponatremia.

So next time you want to exercise outdoors, simply remember to follow these guidelines and you'll prevent getting dehydrated. Now go out and enjoy your summer and exercise!!

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Resources:
American College of Sports
Medicine:

www.acsm.org

Mayo Clinic:
www.mayoclinic.com

MedicineNet:
www.medicinenet.com

Interactive Health Solutions:
www.interactivehs.com

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

Escalante Solutions Mail Order

www.Escalantesolutions.com

First Health Network

www.firsthealth.com

Human Behavior Associates

www.callhba.com

Delta Dental of California

www.deltadentalins.com

Vision Service Plan

www.vsp.com

Urgent Medical Device Recall

Medtronic Diabetes is voluntarily recalling "Quick-set" infusion sets that have lot numbers starting with the number "8" ("Lot 8" Quick-set infusion sets). These infusion sets are used with Mini-Med Paradigm insulin pumps.

If you use this product, you will receive a product recall

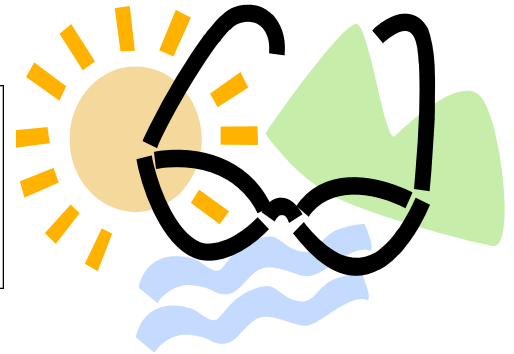
notification from Medtronic Diabetes. Medtronic has corrected the product issue and will be providing you with replacement Quick-set infusion sets at no additional charge. In the notification Medtronic is instructing you to discontinue using their "Lot

8" Quick-set infusion sets **immediately.**

To address your concerns, Medtronic has also set up the following website at: www.medtronicdiabetes.com/lot8 to answer questions and to automate the process of initiating infusion set replacements.



July is UV Safety Month. The sun's glare isn't the only thing that's blinding. UV rays can significantly increase your risk of developing cataracts and macular degeneration. Be sure you and your family wear sunglasses year round.



"Truth is found when men are free to pursue it."

—Franklin Delano Roosevelt



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.

Beat that Afternoon Slump

Do you feel like you're losing steam each afternoon around 4:00 p.m.? It could be a sign that you're running out of fuel. If your lunch is too light, either because you don't take enough time to eat an adequate lunch or because you're trying too hard to cut back, it won't provide enough energy to get you through the afternoon.

Many people find that getting about a quarter to a third of daily calorie needs at lunch time works well. That's why

a diet frozen meal, plain cup of soup or energy bar usually won't suffice. Some people actually get plenty of calories at lunch, but if they are almost all refined carbohydrates—whether sweets or a low-fiber grain like a bagel—your blood sugar may go up and down again within a few hours, often leaving you feeling pretty run down.

To avoid an afternoon slump, focus your lunch around whole grains, vegetables and/or fruit. Make sure it includes some healthy protein

such as lean meat, poultry or seafood, low-fat dairy or a full serving of beans or nuts. If you prefer to keep lunch small, instead of waiting for the slump before taking action, plan a good snack for a half-hour or so before it usually comes. The jolt of caffeine or sugar will only give you a short lift, so choose slow-release energy foods such as fruit, whole grains, nuts or yogurt.