

## President's Message

Dear MCSIG Member:

For the eighth year in a row, we are offering wellness screenings for our members--you should have received a postcard listing the schedule. I encourage you to take advantage of these screenings, which will end on April 1. For more information, you can visit [www.mcsig.com](http://www.mcsig.com) (or refer to the *Wellness Works!* insert in this newsletter).

MCSIG also offers a fitness center discount program for members who like to participate in organized classes such as aerobics or spinning, or to take advantage of the equipment available. For more information about the discount program, visit [www.mcsig.com](http://www.mcsig.com).

I'd like also to remind you about the Anthem Blue Cross Nurseline, which offers 24/7 assistance with medical (non-emergency) issues, such as minor illnesses and injuries. You can call Nurseline at 800-977-0027, and get the information you need --from a registered nurse--when you need it.

In a previous issue, we mentioned the [liveandworkwell.com](http://liveandworkwell.com) web site, an exciting source of information from PacifiCare Behavioral Health. The site features articles and information on physical and emotional health, as well as additional resources. If you have not done so already, I encourage you to take a look at the site. Many members have found it to be helpful and informative. We've included an example of the helpful topics on page two.

I hope these resources prove useful to you and your family. As always, please take care of yourself and if there's anything MCSIG can do for you, let us know.

Garry P. Bousum, Associate Superintendent  
Administration and Business Services  
Monterey County Office of Education  
President, MCSIG Board of Directors

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### Executive Committee Members

- Garry Bousum, President
- Robert Della Rosa, Vice President (CTA)
- Sara Perez, Treasurer
- Robin Blakley, Member
- James Fontana, Member
- Peggy Gilkey, Member (CTA)
- Eric Price, Member (CSEA)
- Rosie Sanchez, Member (CSEA)

# Important information about Medicare eligibility

If you are a member who is 65 or about to turn 65 and you want to maintain your MCSIG coverage, you will need to enroll in Medicare Parts A and B. We must receive a copy of your Medicare card and the waiver form for Part D (prescription coverage), or a letter from the Social Security Administration stating that you are not eligible) within 60 days of your 65th birthday. If we do not receive this information, your coverage will be terminated after 60 days.

Please note that your MCSIG policy provides for medical and prescription drug coverage.

Each quarter, MCSIG holds meetings for members who are about to turn 65 to give them information about their coverage options and how they coordinate with Medicare. Please plan to attend one of these meetings if this applies to you.



## A look at drug costs

We all know what *we* pay as a co-pay for our prescriptions at the drug store or through the mail order program. However, we don't often consider the full cost of the drug and what portion your plan pays. Here's a look at the actual cost for a 30 day supply after copay's of the top 10 drugs, by cost, utilized in the MCSIG plans.



Condition	Plan Drug Cost After co-pay	Your Retail Co-pay for 30 day supply
High Blood Cholesterol	\$73.79	\$20
Ulcer Disease	\$141.98	\$35
Ulcer Disease	\$128.36	\$20
Asthma	\$164.78	\$20
Inflammatory Conditions	\$1,515.91	\$20
Pain	\$951.15	\$20
Asthma	\$79.36	\$20
Diabetes	\$148.24	\$20
Depression	\$63.18	\$20
Diabetes	\$185.05	\$20



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## Did you know . . . ?

...you can download ID cards for your Delta Dental and Vision Service Plan coverage online at [deltadentalca.org](http://deltadentalca.org) or [VSP.com](http://VSP.com). It is not necessary to have an ID card, but you may find it helpful, for instance, to provide to your dependent/students away at school. You may also order them their own medical and prescription card. Just call MCSIG Customer Service @ 831-755-8055 or 800-287-1442.



...that there are no office visit co-pays for preventative care visits in the MCSIG self-funded plans, Option I, II or III. For example, visits for well child, well women or physical exams are covered at 100% (please see schedule for frequency of and maximums for routine physical exams in your MCSIG benefit guide).

...you have an adult physical exam benefit up to \$250 per age schedule. **Note:** DMV or Sport Physical's are not covered by MCSIG plans.



# Wellness Works!

MCSIG Wellness Program Newsletter  
Editor: Neil Hertsch, M.S., CHPD  
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(831) 755-0161

1st Quarter 2009

## Does lifestyle matter?

### More members take wellness assessments

**T** rue or false? Behaviors impact your health more than genes, environment or access to medical care. It's true! How much you move, what you eat and how you respond to stress matters and accounts for 50% of your health. Unhealthy habits increase your risk for illness and are also associated with higher healthcare costs. One simple thing you can do to stay healthy is to periodically review your lifestyle practices and check your cholesterol, glucose and blood pressure levels. Knowing these numbers can motivate you to make changes that can lower your risk of developing illness and increase your odds of living a long, active life.

Everyone receives a personal wellness report, a brief consultation with a nurse, a "green" reusable grocery bag and is entered into a school drawing for a \$10 Starbucks gift card.

There has been an 18% increase in total participation in the wellness assessments to date this year. Assessments began on February 10 and continue until April 1. Call the contact person listed below to sign up for a 15 minute appointment.

Linda Irving, Superintendent (above) and Faye Wells (right) of San Antonio USD have their cholesterol and grip strength measured.

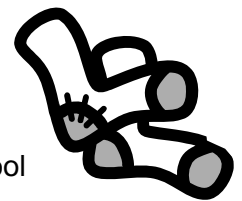
DATE	TIME	SCHOOL	LOCATION	CONTACT	PHONE
Mar. 19	10:00-12:00 p.m.	King City H.S.	Library	Nita Thomas	385-0606 x3243
Mar. 19	1:30-4:30 p.m.	Santa Lucia	Classroom P8	Janette Domingos	385-3246
Mar. 24	2:30-5:30 p.m.	San Benancio M.S.	M.P.	Lyn Yee	484-1172
Mar. 26	9:00-12:00 p.m.	MCOE	Room B	Julie Heess	755-0379
Mar. 26	2:30-5:30 p.m.	Gonzales H.S.	Library	Lollie Rodriguez	675-2495 x303
<b>Apr. 1</b>	11:00-3:00 p.m.	Carmel M.S.	P.E. Room	Nancy Fowler	624-2785 x127

## Exercise Challenge half way point

**Y**ou're sporting your stylish black MCSIG socks but you're still running out of steam? Take heart! It's natural for your energy and commitment to wane after a couple of weeks. The half way point for the 10-week Exercise Challenge is March 21 and the program concludes on April 25<sup>th</sup>. Everyone who exercises 90 minutes per week is eligible for prizes. To keep your motivation high, remember to focus on

the four immediate benefits of physical activity – **more energy, enhanced immune function, lower stress, and less fatigue.**

The winning MCSIG member school districts will be announced in May.



## Health Fair 2010

**W**ith an eye on the budget and after consulting with the Wellness Advisory Committee, the health fair has been postponed. We plan to spend the year securing a new location and expanding the event to include more fun and health-enhancing

events. We wish to thank all of you for your past support. We hope to make the 2010 health fair bigger and better than ever! In place of the health fair this year we plan to offer a healthy weight challenge in May. Stay tuned.

**Lenore Green**

Wellness Employee of the Third Quarter '08  
Nutrition Educator  
Bardin School – Alisal Union School District

**Place of Birth:** Malad, ID

**Favorite healthy snacks:** Almonds, pecans, pomegranates and mandarins.

**Exercise routine:** I do an exercise video three times per week, ride an exercycle most days and do lots of walking on my job.

**Favorite activities:** I enjoy visiting our children and grandchildren with my husband, helping my parents and reading.

**Stress buster tip:** Follow a good aerobics tape and then have a hot bath tub soak!

**Wellness Achievement:** At a MCSIG wellness assessment, Lenore received a high glucose reading for the first time in her life. As a result of this, she started watching what she was eating and decided to exercise more. Once Lenore made these changes in her lifestyle, her blood sugar came back to normal. "I have been much more relaxed, happy, and have more energy since I got back on my regular exercise program, and as Neil has said, "You can't bank exercise, You have to keep it up!," and that shows in my overall health. Lenore received a gift certificate for a dinner for two and a framed award. **Congratulations Lenore and keep up the good work!**

**Louis Vallejo**

Wellness Employee of the Fourth Quarter '08  
Director of Facilities, Maintenance, Operations and  
Transportation  
Greenfield Union School District

**Place of Birth:** Salinas, CA

**Favorite healthy snacks:** Yogurt, Fiber One bar and Skinny Cow ice cream bars.

**Exercise routine:** A lot of walking during my work day. Weekend yard work and house keeping.

**Favorite activities:** Home remodeling, Numismatics, following my son's careers, one is a fire-medical and the other a professional football player, hunting and camping.

**Stress buster tip:** Practice slowing down the reaction time when you hear what sounds like bad news. So many times it is not as bad as it first sounds.

**Wellness Achievement:** Louis's sudden physical changes caused him to join Weight Watchers, with the support of his wife. As his goals of a healthier weight were realized, he had more confidence in himself, developed new habits of healthy eating and exercise became part of his routine. "The most wonderful part of weight loss is the increased energy to move about and not notice the physical difficulties as before. When I was heavier, I would have to think about the next physical effort so not to injure myself." Since August of 2007, Louis has lost over 70 pounds and now enjoys cooking and finding new foods. Louis received a gift certificate for a dinner for two and a framed award. **Congratulations Louis and keep up the good work!**

*Spotlight recognizes school employees who have improved their health and become healthy role models for students and staff. If you know someone who deserves to be in the Spotlight, please submit a nomination form. Nomination forms are available at [www.mcsig.com](http://www.mcsig.com) or by calling MCSIG (831) 755-0161.*