

Reminder: Have You Had Your Annual Physical Exam?

Your annual physical exam is a great opportunity to refocus your attention on prevention and healthy behaviors. Your doctor can obtain baseline information about you, answer questions and address your health concerns.

Health Tip!

Exercise On The Job

Looking to alleviate aches, pains, and even weight gain? Try these exercises at your desk — or anywhere else — to ease aches & pains and boost energy.

- **Stand up and sit down — no hands.** If you stand up and sit down (over & over) without using your hands it can be a challenge.
- **Shrug your shoulders — to release the neck and shoulders.** Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release and drop. Repeat three times.
- **Point your fingers — good for hands, wrist, and forearms.** Stretch your left hand out in front of you, pointing fingers toward the floor. Use your right hand to increase the stretch, pushing your fingers down and toward the body. Be gentle. Do the same with the other hand. You can also do the same stretch but with your fingers pointing skyward.
- **Release the upper body with a torso twist.** Inhale and as you exhale, turn to the right and grab the back of your chair with your right hand to increase the stretch, and grab the arm of your chair with your left hand. Repeat for your left side.
- **Do leg extensions—work the abs and legs.** Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor. Flex and point your toes five times. Release and repeat.
- **Substitute walks for e-mail.** Instead of e-mailing a colleague, walk over to the colleague to talk to them.

Source: WebMD

On-site Employee Clinics

- **Do you want to have a \$0 co-pay?**
- **Do you want a referral to a specialist without effort?**
- **Do you want to not have to wait at a lab for blood work?**
- **Do you want to obtain a written prescription without having to make an appointment with your doctor, thereby saving a co-pay and time?**

If you answered “Yes!” to all or some of the above questions, the On-site Employee Health



Clinic is for you! Using the clinic will not effect your coverage with Blue Shield or Kaiser—in fact it will help to reduce claims to both health plans, thereby assisting in minimizing future health insurance premium increases.

There are two facilities available for you to use. The clinics are staffed by a Nurse Practitioner and a Physician’s Assistant. Visits are free and confidential. The clinics are able to provide some of the following services:



- Diabetes Control
- Blood Pressure
- Cholesterol management
- Episodic care for
 - Sore throat
 - Muscle Aches and pains
 - Bladder Infections etc.
- Laboratory Tests
- Referral to Specialists
- Writing Prescriptions for Chronic and Episodic care medications
- Allergy Care
- Weight Management

Location and Phone number:



Santa Barbara

315 Camino del Remedio Building 3, Ground Floor
805-681-4700 or ext 4700

Hours:

Monday thru Friday
7:30am to 4:30pm

Santa Maria

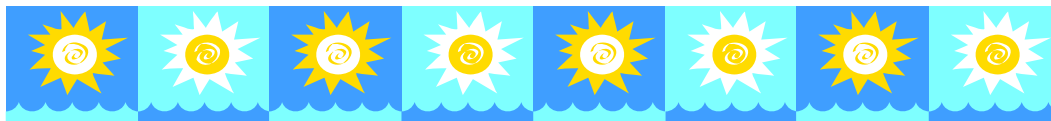
500 West Foster Road
805-934-6900 or ext 6900

Hours:

Monday thru Thursday
7:30am to 12:30pm

Remember—Remember—Remember—Remember

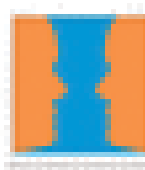
Because the Employee Health Clinics are only focused on Santa Barbara County employees, there is generally no waiting when you show up for your appointment, minimizing time spent away from work or personal time.



Sometimes healthcare can be confusing. To benefit you, your employer is providing CareCounsel, a healthcare assistance program. They will listen to your concerns, answer questions, guide you to appropriate resources, and intervene on your behalf for issues that confuse or frustrate you.

Some of the areas that CareCounsel can help are:

- Selecting doctors and hospitals
- Troubleshooting claims problems
- Obtaining care or referrals
- Understanding your benefits
- Addressing quality-of-care concerns
- Communicating effectively with your doctor
- Getting the most from your healthcare dollars
- Finding resources for a health condition.



CareCounsel Can Help 1-888-227-3334

NurseHelp 24/7

Talk to a registered nurse any time of the day or night, seven days a week on the phone or online. Experienced nurses are ready to listen, answer questions and provide you with information to help you make informed decisions and choose the care that's most appropriate.

They offer:

- **Health Information:** About health conditions, treatment options, types of care and preparation for doctor appointments.
- **Self-care tips:** Helpful tips for taking care of minor injuries such as a twisted ankle, or common illnesses like colds and the flu.
- **Lifestyle counseling:** Resources and information about healthy habits, including diets and exercise.

You can use this convenient service whenever you need it. Just call **(877) 304-0504**. You can also chat online with a registered nurse by registering at blueshieldca.com/csac and going to the *Health & Wellness* section.

Helpful Websites

WebMD - <http://www.webmd.com>

WebMD provides valuable health information, tools for managing your health, and support to those who seek information.

Healthline.com - <http://www.healthline.com>

Healthline Networks offers the easiest way for consumers to quickly and easily find consistently excellent health information on the Web.

Nutrition.gov - <http://www.nutrition.gov>

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical

Helpful Information

How do I know if my doctor is in the Blue Shield Network?

You may call the Blue Shield Customer Service number on the back of your ID card and give them the name of your physician. You may also go online to www.blueshieldca.com/csac, click "Find a Provider", select your health plan, input the city he is located in and search using your doctor's name.

How do I get a Medical Insurance Card?

For **Blue Shield** members call **1-800-642-6155**. Blue Shield members can order new or replacement cards by logging into their [Blue Shield Member](#) account. For **Kaiser Permanente** members call **1-800-464-4000**.

How do I get a Pharmacy Benefit Card?

For **Blue Shield EPO and PPO plan** members please call **MEDCO** at **1-800-711-0917**. Do not call Blue Shield's member services as your pharmacy benefits are managed by MEDCO.

Your Benefit Contact List

Blue Shield	(800) 642-6155 www.blueshieldca.com/csac
Medco Pharmacy	(800) 711-0917 www.medco.com
Kaiser	(800) 464-4000 www.kp.org
Golden West Dental	(800) 995-4124 www.goldenwestdental.com
VSP	(800) 877-7195 www.vsp.com
Benefits Coordinators Corp – BCC	(800) 733-7879 www.benxcel.com/cosb.htm
CareCounsel	(888) 227-3334 www.carecounsel.com
Employee Assistance Program -EAP	(888) 227-2204