

# SCHOOLCARE *Bulletin*

Health Benefit Plans of the New Hampshire School Health Care Coalition

## Summer 2009

### SchoolCare Spotlight; New Offices

Since its inception, the SchoolCare offices have been housed at other facilities. First they were located at PRIMEX in Concord, then for the past three years, as part of a broader service agreement, the offices have been located in Manchester at Benefit Strategies. This spring the SchoolCare board authorized the expenditure of funds to purchase office space.

The new offices are located near Manchester Airport and consist of a two story office condo, complete with a board room. SchoolCare staff has taken occupancy on May 26. Contact SchoolCare by phone at 1-800-562-5254 or 603-836-5031, US mail changes to: 370 Harvey Rd, Suite 4, Manchester, NH 03103.

### On The Road Again

SchoolCare staff were on the road this spring with biometric screenings as part of the HRA Challenge Program, delivering Retirement Workshops, and promoting the plan to prospective school districts. Districts participating in the HRA Challenge Program included Londonderry, SAU 13, Alton, Prospect Mountain, Milford, Dover, Kearsarge Regional and Farmington. The HRA Challenge involves SchoolCare bringing on-site biometric screenings to schools. Participants then use their results to complete the online health assessment at [mycigna.com](http://mycigna.com). Once completed, participants receive \$250 in a reimbursement account which can be used for prescription eyewear, hearing aids, naturopathic practitioners, or massage therapy. For more information about bringing the HRA Challenge to your district, contact Linda Tarrier at [ltarrier@schoolcare.org](mailto:ltarrier@schoolcare.org), or call us. Staff always enjoys getting out to visit our members!

To keep informed with SCHOOLCARE benefits, workshops and wellness initiatives, visit [www.schoolcare.org](http://www.schoolcare.org)

### New Wellness Program Offered



Starting July 1, 2009, members of SchoolCare are eligible to participate in the new *Keeping Fit Self-Paced Program*. Many members exercise on their own whether by walking, running, biking, hiking or other activities. They either prefer not to go to a gym or health club or don't have access to one. The

*Keeping Fit Self-Paced Program* is an individualized workout program in which participants can track their own workouts at home, a club or a gym. After completing their monthly log sheet, it is sent to SchoolCare. After six consecutive months, participants are rewarded with \$125. Participants must complete and return an agreement form, as well as the online health assessment at [mycigna.com](http://mycigna.com) prior to starting the program. Visit SchoolCare's website for further details.

### NHPGH

SchoolCare is a member of the NH Purchasers Group on Health. SchoolCare, Local Government Center, The State of NH, and the University System of NH (USNH) cover about 120,000 lives and spend nearly \$750 million dollars of public funds annually on health care services for their covered members. The group is looking at ways to improve quality healthcare and reduce costs. The group uses the NH Citizen's Health Initiative as consultants to facilitate the programs.

The group is using several strategies such as meeting with insurance companies, hospitals and providers to discuss quality of care and costs and the impact they have on these large groups. You can learn more at [nhpgh.org](http://nhpgh.org).



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### Member Wellness

#### Lyme Disease Update

By Cora Rivard, ND

The highest rates of reported Lyme disease occur during the months of May, June and July, when attached ticks are smaller and more likely to go unnoticed. Therefore, it is important to notify your doctor if you or a family member experiences the following:

1. Unexplained rash. A rash associated with Lyme disease can vary in appearance, but it classically resembles a “bull’s eye” around the tick bite, and it occurs in up to 40% of infected people.
2. Flu-like symptoms such as: fever, fatigue, muscle pain, joint stiffness, and swollen glands.

#### **If you find a tick that has been attached less than 24 hrs and is not inflated:**

Use tweezers to grasp the tick where it attaches to the skin, including the mouthparts. Pull out slowly. NEVER squeeze, burn, or apply anything to the attached tick. Wash the area with soap and water, and call your doctor if you experience a rash or any flu-like symptoms. Infection is very unlikely.

**If the tick is inflated,** remove it and bring it to your doctor for identification. Your doctor may prescribe a single dose of an antibiotic which can prevent development of Lyme disease if given within 72 hours of tick removal.

#### Avoid tick bites:

- Stay on trails and avoid areas of overgrown brush and tall grasses.
- Wear light-colored clothes so ticks can be easily seen.
- Wear a hat, long-sleeved shirt and long pants tucked into boots or socks.
- Check yourself and your children often for ticks.

*Dr. Rivard is a licensed naturopathic doctor and health writer. She sees patients at her private practice, Seasons Natural Healthcare, LLC, located in Derry, NH. For more information about her practice, you may visit: [www.seasonsnatural.com](http://www.seasonsnatural.com)*

### More News You Can Use

Have you logged in to **mycigna.com** recently? **Mycigna.com** is your portal to a wealth of resources, information and discounts related to your health benefits and your health. Below are just a few of the things you will find at **mycigna.com**:

- Research medical or pharmacy claims
- Compare hospitals
- Find a provider
- Print forms or temporary ID cards
- Research medical conditions with WebMD.
- Order prescription drug refills through Tel-Drug
- Find discount programs from Healthy Rewards
- Take the online health assessment

**Mycigna.com** is your best source for detailed additional information about your benefits. For more information regarding your wellness programs such as Keeping Fit or Health Education Reimbursement visit **Schoolcare.org**.