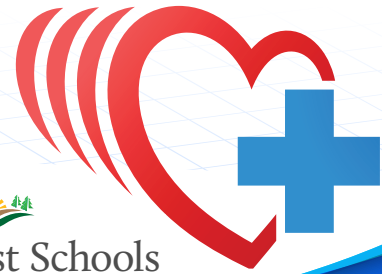


# The *Pulse*



North Coast Schools  
Medical Insurance Group

Winter 2024

## **Get A No-Cost Flu Shot at Any Network Pharmacy**

**Making health a priority?** Flu shots can help everyone stay healthier.  
**What will you need?** Just take your prescription card and valid photo ID.  
**Is it really no cost?** Yes. No copay. No cost to you.

Visit [Caremark.com/findapharmacy](https://www.caremark.com/findapharmacy) to find a network pharmacy near you.

## **Caremark Cost Saver**

### **Helping you save money on your medications**

We know that keeping your out-of-pocket costs low is important to you and your family. That's why we've created Caremark Cost Saver, helping you save money on your medications.

### **How Cost Saver works**

Cost Saver makes sure you get the lowest possible cost for medications covered under your plan. All you have to do is present your CVS Caremark member ID card when you pick up your prescriptions. We'll manage the rest for you by automatically applying the lowest available discount price.

## **Guardian - Byte Program**

Guardian dental members can save with exclusive discounts on Byte doctor-directed, custom clear orthodontic aligners and BrightByte Pro teeth whitening kits! Plus, for members with Guardian orthodontic coverage, byte's clear aligners are a covered benefit — offering even more significant savings on teeth straightening. Stand out by helping employees look and feel better about their smiles from the comfort of their homes!



### **Invisible aligners with a lifetime guarantee**

**Fast results:** Exclusive HyperByte using High Frequency Vibration (HFV) reduces discomfort and speeds up results of treatment...

**Doctor directed:** Licensed dental professionals will customize personalized treatment, and provide remote monitoring.

**Lifetime guarantee:** If your teeth ever move, shift, turn, rotate, byte will help get it fixed at no cost. For life.

### **BrightByte Pro LED teeth whitening kits**

**Safe and easy:** Cutting-edge cold light technology removes deep stains, safely and efficiently.

**Results in days:** By using just 10 minutes a day, you can see whiter teeth in as few as three days. Perfect for regular whitening maintenance or as prep for a special event.

Members can visit <http://go.byte.com/ins/guardian> to verify their insurance coverage.

North Coast Schools Medical Insurance Group

901 Myrtle Avenue • Eureka, CA 95501 • (707) 445-7126 • [ncsmig.org](http://ncsmig.org)





### Guardian - File claims electronically

Did you know if your out-of-network dental provider does not file claims for you, you can submit a claim form yourself? Just following these simple steps:

#### File electronically

1. Log into [www.guardianlife.com](http://www.guardianlife.com) (and register if you haven't already).
2. Select Contact us/Secure channel (located in the page footer).
3. Fill in all required information.
4. Attach the completed claim form and other documents to upload.
5. Click Submit.



### Free Flights for Those in Need

Transportation challenges create one of the most daunting barriers to healthcare—a barrier second only to the cost. As a volunteer-driven, nonprofit organization, Angel Flight West's (AFW) volunteer pilots fly people to their medical appointments at no cost to the passenger.

AFW also provides transportation for families and individuals escaping domestic violence, therapeutic programs for children and veterans, and children's specialty camps. On the ground, volunteer drivers ferry passengers to and from their departure and destination airports.

One of AFW's passengers is Pamela from Palmdale, Calif. She's been flying with AFW for two years to access her metastatic cancer treatment at Scripps Medical Center in Oceanside. To date, she's had 67 angel flights to reach her life-saving medical appointments.

With gratitude, Pamela says, "Being sick is stressful in itself, let alone having to worry about getting to and from treatment. Angel Flight West has been a blessing to me and many others. You'll never know how these acts of kindness have impacted my whole healing process."

Angel Flight West provides air transportation within and across 12 Western States: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, and Wyoming. In 2023, Angel Flight West celebrates two milestones: 40 years of service and 100,000 missions flown.

Visit [angelflightwest.org](http://angelflightwest.org) to learn more or call (310) 390-2958 | email [info@angelflightwest.org](mailto:info@angelflightwest.org).

**Blue Shield 24/7 Nurse Line: 1-877-304-0504**      **Teladoc 24/7 Physicians: 1-800-835-2362**



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