



Yuba Community College District prioritizes the safety and the health of our students, classified and professional staff, faculty, and our communities we serve. We are Family... Families are the heart of everything we do, so as the Coronavirus (COVID-19) continues to affect our communities, YCCD would like to remind TCSIG members of all the resources that are available through your Health and Wellness benefits locally and remotely.

### **TCSIG WELLNESS CENTER**

Any current TCSIG Member or covered family member may receive care from the Wellness Center at no out of pocket cost for **TCSIG members only**. When you need a clinician right away, always call the TCSIG Wellness Center first. You can use eVisit to connect to TCSIG's clinician via computer, tablet, or smartphone. Call 530-822-5500 for or visit: <http://www.tcsig.com/wellness-center.html> more information. When the TCSIG Wellness Center is not available (after hours), then call PlushCare.

Some of the services offered at the Wellness Center:

- Preventative Care – Health risk assessments and follow-up visits, wellness coaching, vaccinations, routine annual physicals, well-woman exams, birth control, in-house lab screening (anemia, diabetes, thyroid, and cholesterol).
- Acute Care – Colds, flu, infections, sore throats, cuts, sprains, muscle and joint pain

TCSIG Wellness Center  
 1174 Live Oak Boulevard  
 Yuba City, CA 95991  
 530-822-5500  
 Mon-Fri 8am to 7pm, Sat 8am to 3pm

### **PLUSHCARE**

PlushCare’s network of doctors is available online or over the phone and provides treatments for hundreds of conditions. If appropriate, the doctor can write a prescription and have it sent immediately to the pharmacy of your choice. You and your family no longer have to wait to get the care you need! Please contact at <https://plushcare.com/> or at call [\(888\) 876-0753](tel:8888760753).

#### **PlushCare Treats:**

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| <ul style="list-style-type: none"> <li>• Bronchitis - Rashes / Dermatitis</li> <li>• Chickenpox</li> <li>• Common Cold and Stomach Flu</li> <li>• Ear Infections</li> <li>• Impetigo</li> <li>• Kidney Infections</li> <li>• Lice</li> <li>• Pink Eye</li> </ul> | <ul style="list-style-type: none"> <li>• Pneumonia</li> <li>• Pre-travel Questions and Prescriptions</li> <li>• Sinus Infection (Sinusitis)</li> <li>• Sore Throat</li> <li>• STD Testing and Treatment</li> <li>• Urinary Tract Infection</li> <li>• <b>And More!</b></li> </ul> |
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(\* Due to IRS Rules, Members on CDHP will pay \$49.00)



## COMPASS

Spend time on better things. We will handle the healthcare stuff. Your team of dedicated Health Pros is here to help.

Health benefits can be confusing, medical costs are rising, and finding the right care for you and your family can be frustrating and time consuming. Compass is here to simplify your healthcare experience and help you take control of healthcare costs. Your personal Compass Health Pro® consultant will take care of you, so you can take care of other things. Compass can help you, visit [answers@compassphs.com](mailto:answers@compassphs.com)

- Understand insurance benefits
- Find highly rated doctors
- Save money on healthcare
- Pay less for prescriptions
- Schedule your appointments



### EMPLOYEE ASSISTANCE PROGRAM (EAP)

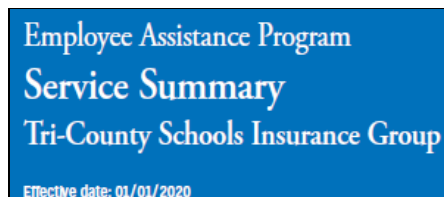
Effective January 1, 2020, TCSIG partnered with Anthem Blue Cross to offer members a more robust Mental Health network and Employee Assistance Program (EAP). **When you need help meeting life's challenges, the Anthem Blue Cross Employee Assistance Program (EAP) is here for you and your household members. Check out some of the services we offer — at no cost to you at:**

<http://www.tcsig.com/assets/anthem-eap-flyer.pdf>

To find an in network mental health provider please utilize the [Anthem Blue Cross Provider Finder](#).

If your current provider is not in the Anthem network, please ask your provider to reach out to Anthem Provider Services at (888) 252-2680 or visit their website at <https://www.anthem.com/ca/provider/getting-started/> in order to become a participating provider.

If you would like to utilize Anthem EAP services, please call (800) 999-7222 or go to [anthemEAP.com](http://anthemEAP.com) and enter your company code: TCSIG.



District and College leadership will continue to meet on a daily basis to monitor the situation and refine specific strategies for the programs and services that are provided to our students and the community.