

NetCare Healthy Steps To Wellness

Life & Health Insurance

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Hagatna, Guam

August 2015



VACCINATE NOW!

August is National Immunization Awareness Month!

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

As a reminder, NetCare members get their routine immunizations (per CDC guidelines) covered at 100%. This means no cost to you. So don't wait, get vaccinated now!

Visit <http://healthfinder.gov/NHO/Augusttoolkit.aspx> for more details.

Featured Rewards Partners:



Sheraton

Check out Hilton Guam Resort & Spa located at 202 Hilton Rd. Tumon, GU 96913 to receive 10% off at the Islander Terrace, Tree Bar and Fisherman's Cove!

*This offer is not valid during specials, promotions, peak periods or holidays. Valid until March 31, 2016.

Check out LA CASCATA at the Sheraton located at 470 Farenholt Avenue Tamuning, Guam 96913 and receive a 20% discount!

Contact them at 646-2222 for more information.

Introducing...



NetCare Life & Health Insurance Company is pleased to announce that it has established a strategic partnership with CMN Global, Inc. (dba) Europ Assistance/ Global Corporate Solutions (EA/GCS) to provide NetCare members who travel outside of Guam for business or vacation with access to Global Emergency Assistance resources that are available through a single call to Europ Assistance 24/7 Response Center. EA/GCS immediately connects members to doctors, hospitals and other services if a member experiences a medical emergency while traveling outside of Guam or in another country.

NetCare and CMN Global, Inc. recently signed an agreement that will expand access for Global Emergency Assistance and Worldwide Network Access to over 600,000 international providers in over 130 countries which includes 10,000 acute care facilities and over 5,000 international medical facilities with cashless services. This includes providers in Asia, Europe, Canada, Australia, New Zealand, Latin America, Mexico, South America, Carribean Islands, Africa, Middle East etc... Under the arrangement, NetCare members will now have emergency assistance services and worldwide provider access through Europ Assistance network of providers and medical management programs.

The partnership will enhance the coordination of care when members encounter a medical emergency while traveling in a foreign country outside of Guam by managing emergencies and enabling the vast resource and assets of Europ Assistance worldwide.

Europ Assistance is a pioneer in emergency assistance services with more than 50 years' of experience behind it. EA/GCS is a member of the GENERALI Group Company, one of the world's largest insurance conglomerates. NetCare members can contact our customer service center at 472-3610 for further information and details. This new partnership is effective July 1, 2015.

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It's August! You know what that means, right? Yes, back to school! August is also Children's Eye Health and Safety Awareness Month! You probably already started your usual back to school shopping with your child. How about scheduling an eye exam for him or her?

Most children have healthy eyes, but there are some conditions that can threaten your child's good vision. Because you can't always determine whether there are any existing eye health problems just by looking into your child's eye, we highly encourage you to schedule an eye exam today.

Call your Netcare Customer Service Representative at 472-3610 to inquire about your vision plan benefits today!

24 Hour NURSE LINE: 1-877-585-5376

The NetCare 24 hour Nurse Line provides information based on physician-approved guidelines such as: general information on all types of health concerns and answers about medication usage and interaction. The NetCare Nurse Hotline is an immediate, reliable and caring source of health information, education and support and the call is toll free. *Please have your member id number ready for them to assist you.





August is “Kids Eat Right” month! This month focuses on healthful eating and active lifestyles for children and their families. With childhood obesity on the rise, making sure kids eat right and get plenty of exercise is vital. The Academy of Nutrition and Dietetics is encouraging families to take the following steps:

Shop Smart. To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.

Eat Right. Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day’s experiences with one another. Research indicates that those families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

Healthy Habits. You can help kids form great, healthy habits by setting a good example. Fill half your plate with fruits and vegetables, choose lower-sodium options, and make at least half the grains your family eats whole grains. For beverages, choose water over sugary drinks, and opt for fat-free or low-fat milk.

Get Moving. Aside from being a great way to spend time together, regular physical activity is vital to strengthen muscle and bones, promote a healthy body weight, support learning, develop social skills and build self-esteem. Kids are encouraged to be active for 60 minutes per day.

Visit <http://www.eatrightpro.org> for more information.

"Through exercise, you have a powerful tool for improving your health."



August's exercise of the month features exercises for the shoulders. The shoulder muscles are small and must be exercised to prevent injury. Refrain from using heavy weights that strain the muscles, but do lift heavy enough to challenge them.

Below is a type of exercise that you can do to target those shoulder muscles.

Seated Shoulder Press

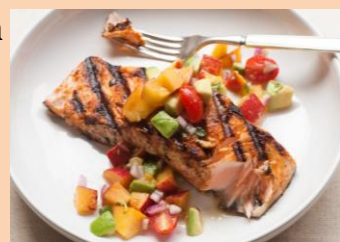
Instructions:

1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position barbell to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position and repeat.

* Remember to keep your back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Visit <http://www.exerciseplace.org/august.html> for more shoulder exercises.

Grilled Salmon with Peach and Avocado Salsa



Ingredients:

Salsa:

- 2 cups peeled and chopped peaches
- 1 avocado, diced
- ½ cup grape tomatoes, halved
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons lime juice

Salmon:

- 1 teaspoon chili powder
- 1 teaspoon brown sugar
- ½ teaspoon kosher salt
- 1 ½ teaspoon olive oil
- 4 (6-8 ounce) salmon fillets
- Lime wedges for serving

Directions:

1. In a medium bowl, combine peaches, avocados, tomatoes, cilantro and lime juice. Season with salt to taste and set aside.
2. Preheat grill to medium-high heat. Combine chili powder, sugar, and salt and sprinkle evenly over salmon fillets and drizzle olive oil. Grill, flesh side down, for 4 minutes or until salmon does not stick. Turn fillets over and grill for an additional 4 minutes or until slightly opaque in center.
3. Serve salmon with salsa and lime wedges.

For more recipes, visit: <http://gapeaches.org/>



to all our members born in the month of August!

From: Your Netcare Family

Stay hydrated with Watermelons!

Did you know that watermelons are made up of 92% water and are full of electrolytes? This juicy fruit is the perfect snack to help you stay hydrated!



WE'RE ON THE CLOCK FOR YOU!

Netcare is open to serve you every Saturday from 9:00a.m. – 1:00p.m. excluding holidays.

