

Featured Rewards Partners



Kloppenburg
Enterprises, Inc.

Netcare members get the following rewards when the present their member ID at Kloppenburg Enterprises, Inc.

River Tour: (Child: ages 5-11 yrs)

- No transfer: \$25 adult / \$15 child
- With transfer: \$35 adult / \$30 child

Iruka (Dolphin) Watching:

- No transfer: \$40 adult / \$20 child
- With transfer: \$50 adult / \$30 child

Kayaking Tour:

- \$40 (12 yrs or older only)

Eco Jungle Tour:

- \$50 adult / \$30 child. Includes \$10 transfer fee pick up at Onward Beach Hotel

*Note: Japanese speaking guide only. Call (671) 649-1941 for more information.



Do you love an extra boom when you listen to music in your car? Visit Car Audio Image for the following promos.

Promo 1: Free care tweeters for purchases over \$100.

Promo 2: 10% discount on SPL car audio and JBL car audio equipment.

Call them at (671) 647-1242 for more details.



Netcare member's get the following promos when they visit SUP Shack! Promo 1: 10% off lessons / rentals. Promo 2: 5% off product purchase. *Discounts may not be used with promotional prices. Call them at (671) 969-0436 / 8428 for details.



St. Luke's
Medical Center

We love life.

2016 Pacific Islands Summer Promo
From June 1 to August 31, 2016

10% Discount

- ❖ **Breast Care Center**
 - Breast Ultrasound
 - 2D + 3D Breast Ultrasound
- ❖ **Cardiac Catheterization Laboratory (Diagnostic only)**
 - Coronary Angiogram- Procedure Only
- ❖ **Diagnostic X-Ray (All ancillary procedures)**
- ❖ **General Ultrasonography (All ancillary procedures)**
- ❖ **Institute of Digestive and Liver Diseases**
 - Colonoscopy
 - Gastroscopy
 - Gastro-Colonoscopy
- ❖ **Nuclear Medicine**
 - Bone Densitometry
 - Whole Body Bone Densitometry
- ❖ **Vision Laser Center**
 - Lasik
 - PRK
 - Lasik Femto
 - Smile
- ❖ **Women's Health Care**
 - (All procedures requiring ultrasound)
- ❖ **Dental Prophylaxis**
- ❖ **CT Scan**
- ❖ **Magnetic Resonance Imaging (MRI)**

5% Discount

- ❖ **Wellness Executive Check-Up Packages**

* Contact your NetCare Off-Island Coordinator for any questions or to schedule your off-island appointments.



Netcare's 24 Hour Nurse Line is available for you!
Call 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.

Protect Your Back While At Work



Back pain is one of the most common medical ailments and is mostly caused by poor posture and body mechanics at work. Here are some tips to give your back a break while on the job:

1. Exercise. Not only will you be strengthening your core and back muscles, but a healthy weight reduces stress on your spine.
2. Pay Attention to Posture. When sitting, choose a chair that supports your back or get a small pillow for support. Sit with your feet flat on the floor and take out any bulky objects from your back pockets. Get up and stretch or walk around every hour.
3. Lift Properly. Place your feet shoulder width apart and bend at your knees. Grip objects with your whole hand and not just your fingertips. Lift gradually using the muscles of your legs and abdomen, and keep your back straight. Avoid any twisting at the waist.

Other healthy practices will also work in your favor. Stretch occasionally to avoid painful sprains and strains. Rest your back every so often, especially when you start to feel some tightness. Lastly, when you're at home, sleep on a firm mattress that will support and cradle your back.



August 1st – 7th is World Breastfeeding Week!

Reasons to breastfeed:

- Human milk is easier for babies to digest than other milks.
- Factors in breast milk not found in formulas protect infants from a variety of illnesses, allergies and many infections.
- Breastfed children are less likely to be obese later in life.
- For moms, breastfeeding reduces the risk of breast and ovarian cancer, and osteoporosis.
- Breastfeeding helps the uterus shrink to its pre-pregnancy state.

August is National Immunization Awareness Month (NIAM)

NIAM is an annual observance held in August to highlight the importance of vaccination for people of all ages. It was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). NPHIC, in collaboration with CDC's National Center for Immunization and respiratory Diseases, developed communication toolkits to help you communicate about vaccines for various audiences. Each week of NIAM focuses on a different stage of the lifespan.

For more information on NIAM, visit www.cdc.gov or visit www.nphic.org/niam.



ATTENTION MEMBERS: Are you **18 years or older** and need an update on your **FLU** vaccine? Head over to **Kmart Pharmacy** for your **free FLU** vaccination today!

Stir-Fried Ginger Shrimp!



Yield: 4 servings (1 cup each)

Ingredients:

- 1 pound medium shrimp, peeled and deveined
- 1 tsp. chopped, peeled ginger
- ½ tsp. salt
- Dash of pepper
- ½ cup water
- 1 tbsp sweet rice wine
- 2 tsp. low-sodium soy sauce
- 1 tsp. sugar
- 1 tsp. dark sesame oil
- ½ tsp. chili paste w/ garlic
- 1 tbsp canola oil, divided
- 1 cup thinly sliced onion
- 4 cloves garlic, minced
- 1 cup sliced celery

Directions:

1. Place shrimp in bowl; sprinkle with ginger, salt, pepper and toss well. Let stand for 5 minutes. Combine ½ cup water and next 6 ingredients in small bowl and whisk.
2. Heat 1 tsp. oil in large skillet over medium-high heat. Add shrimp mixture to pan. Stir-fry 2 minutes. Remove shrimp mix and set aside. Wipe pan dry with paper towel. Heat remaining 2 tsp. canola oil in pan over medium-high heat. Add onion & garlic; stir-fry 1 minute. Add celery; stir-fry 1 minute. Return shrimp mix to pan; stir-fry 1 minute or until shrimp are cooked.
3. Add water mixture to pan. Bring to boil; cook 1 minute or until thick, stirring constantly with a whisk. Serve immediately.

Nutrition Facts: 192 Calories | 6.7g Fat
| 0.8g Saturated Fat | 172mg Cholesterol | 594mg Sodium | 7.2g Carbohydrate | 0.8g Fiber



Don't let the FLU catch your associates!

Keep Your Workplace Healthy This Flu Season

Your employees - and your company's productivity - are at risk.

- On average, up to 20% of US residents get the flu
- Flu costs businesses approximately \$10.4 billion each year

Flu vaccines can help.

- The Centers for Disease Control and Prevention recommends a yearly flu vaccine
- Employees that have been vaccinated have 18-45% fewer lost workdays
- 17-28% fewer work days with reduced effectiveness

Other Vaccines / Immunizations available, please contact NetCare for details #472-3610

Kmart Pharmacy offers on-site flu shot clinics.

- Convenient for Netcare members
- Conducted by certified immunizing pharmacists
- Direct billing for NetCare members (flu shot is free for NetCare members; no cost to NetCare member)
- NetCare members can now get their flu vaccines at KMart Pharmacy on Guam
- Please check in at the KMart-Guam Pharmacy window Hours: Mon-Fri 9am-1:30pm & 2pm-9pm
Sat 9am-1:30pm & 2pm-7pm
Sun 10am-1:30pm & 2pm-6pm
- Limited time offer and while supplies last.





Happy BIRTHDAY!

To all our members born in the month of August!
From, Your Netcare Family

The ABC's of Back to School!

- A. **Always ask.** Get to know your teachers & nurses. Ask about their efforts to disinfect the classroom.
- B. **Build immunity.** Promote a healthy lifestyle by demonstrating a well-balanced diet, exercising, and getting plenty of rest.
- C. **Complete a physical.** Children should have yearly physicals with up-to-date immunizations and screenings.

**Netcare members may have their routine annual physical exams and routine annual immunizations at no charge! Call Netcare's customer service representatives at (671) 472-3610 for more information.*



We're on the clock for you!

Netcare's office is open every Saturday from 9am - 1pm, excluding holidays.

