



A reminder of NetCare's Holiday Hours:

- December 8, 2017: 8am-3pm
- December 22, 2017: 8am-11:30am
- December 23, 2017: Closed
- December 25, 2017: Closed
- January 1, 2018: Closed



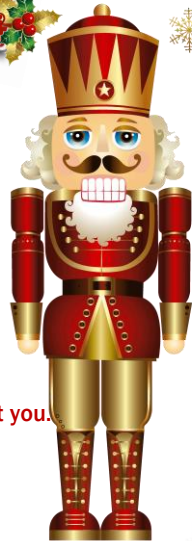
December is National Safe Toys & Gifts Month

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 assist you.



- Read warning labels and safety precautions accompanying a toy.
- Inspect all your children's gifts as they are opening them.
- Double-check that any art materials are labeled non-toxic.
- Toys that fit through a toilet paper roll are too small for children under 3 years old.
- Toys with strings, straps or cords longer than seven inches may pose a risk for strangulation.
- If you are buying a bicycle for a child, don't forget to buy a helmet and make sure they use it.
- Keep toys for older children away from younger siblings.



NetCare Rewards Partners



10% discount storewide. Excludes Jordan Retro & certain limited edition product. Call 646-5133 for more info.

10% discount on footwear & apparel. For more information call 646-4800.



10% discount except for hard good like surfboard, stand up board, kayaks and windsurfer. Contact info: 472-8118.



10% OFF regular priced items. Can not be combined with any other offer. Some exclusions apply. See store for details. Call for more info: 637-0362.



To All Our Members Born in December!



From: Your NetCare Family



Handwashing During The Holidays

It's no coincidence that the flu season happens during the Holiday Season. With all the crowded stores, family gatherings, and cheek-kissing you're doing, you're bound to pick something up.

Luckily, there is something you can do to keep you and your family free from the flu this holiday season, and that's **WASH YOUR HANDS!**

Proper hand washing is always the first line defense when it comes to any illness or disease. Think about all those hands you're shaking and all the shopping carts and door handles you're touching that have come into contact with thousands of people's hands before you. It's not a pleasant thought, especially with the fact that a square inch of skin on a human hand holds millions of bacteria.

Wash yours hands often during the day with warm, soapy water. If a faucet isn't available, then carry around hand sanitizer as you shop and hit all your holiday parties. After all, the last gift you want during Christmas is the flu!



NETCARE/GUAM RUNNING CLUB

PLUMERIA

SATURDAY, DECEMBER 2

5K and 10K RUN / WALK

Re-Cap

**Congratulations to All Winners
and Thank You to Our
Sponsors and Volunteers!**



Sleigh bells, gingerbread and Hallmark Cards. If only that's all there was to Christmas. However, with the season comes the headaches of crowded stores, traffic jams, hundreds of parties, and credit card bills piled upon your already busy life. Don't let Christmas be something you dread. Here are tips to help cope with the season and help out the "Ho! Ho! Ho!" back in your holiday.

Stay Out of Debt- Expensive gifts don't guarantee a great Christmas, especially if the gift isn't wanted. Set a limit within your budget for every person on your list so you don't break bank. Consider an exchange gift within your family so that everyone can have a financial break, too.
Plan Ahead- Set aside specific days for shopping, cooking, delivering gifts, visiting loved ones

and parties you've been invited to. If a last minute event comes up, don't beat yourself up if you have to politely decline the invitation.
Avoid Family Feuds- The holidays are a great opportunity for quality family time, but not if your family is full of conflict. All the gatherings mean ample opportunities for relatives to get into each other's business. Agree to set aside differences for a more appropriate time, and be understanding if others become upset. Consider having your holiday dinner at a nice restaurant where all will be on their best behavior.

Take a Breather- 30 minutes alone without any holiday obligations can refresh you enough to tackle the things you need to do.
Be Realistic- It's easy to get overly ambitious when it comes to the holidays. Sure, the 20,000 Christmas light display would look great next to your 5-foot gingerbread house during your 7-course holiday meal, but be reasonable. Ask for help and don't be afraid to take it. Just remember the spirit of Christmas is NOT the lights, or the fancy gingerbread displays, but the happy faces of loved ones, including yourself!

How to De-Stress During the Holidays!

Interesting Christmas Facts!

1. The tallest Christmas tree (221 feet) was erected in a Washington shopping mall in 1950!
2. About 1 million packages are expected to be delivered by the U.S. Postal Service each day during the holiday season until Christmas Eve.
3. Four million TONS of trash are generated annually from gift wrap and shopping bags alone during the holiday season!
4. If you were to receive every present in "The 12 Days of Christmas," you would get 364 gifts valued at \$18,400!



Peppermint Fudge No Bake Energy Bites

Ingredients:

- 1/2 C raw almonds
- 1/3 c pitted medjool dates (about 6)
- 1 tablespoon cocoa powder
- 3/4 teaspoon vanilla extract
- 1/8 teaspoon peppermint extract
- 1 tablespoon coconut oil
- 1 tablespoon mini dark chocolate chips
- 1/2 cup crushed peppermint

Instructions:

1. Put almonds in a food processor and chop.
2. Add the dates and blend well.
3. Add cocoa powder, vanilla extract, peppermint extract and coconut oil. Blend for several minutes until starting to combine. Add a couple drops of water if necessary to help it move.
4. Add the chocolate chips and pulse a few final times to combine well. You don't want to pulverize the chocolate though.
5. Take a heaping teaspoon of the mixture in your hand and roll into a ball. The coconut oil will soften and it will be very messy. The warmth of your hand will allow the coconut oil to help bind the bite. You will end up pushing it more together than actually rolling it. While it is still warm press into the peppermint.
6. All the finished bites to set in the fridge for 30 mins to re-solidify the coconut oil.



*Merry
Christmas
From Your
NetCare
Family*

