

July is Juvenile Arthritis Awareness Month!

Juvenile arthritis, also known as pediatric rheumatic disease, is a term used to describe many autoimmune and inflammatory conditions that can develop in children ages 16 and below. Juvenile arthritis is known to affect nearly 300,000 children in the United States. Some types of juvenile arthritis include: juvenile idiopathic arthritis, juvenile dermatomyositis, juvenile lupus, Kawasaki disease, and fibromyalgia. **Diagnosis and Treatment:** The key to proper treatment of juvenile arthritis is getting an accurate diagnosis first.

When diagnosing children, the most important key element is a careful and thorough physical exam. Annual physical exams are covered at 100%, so don't forget to take advantage of this benefit! Unfortunately, there is no cure for juvenile arthritis. However, possible remission can happen with early diagnosis and aggressive treatment. Treatment goals include relieving inflammation and controlling pain. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

Visit www.arthritis.org for more information.



Happy Birthday

To All Our NetCare Members
born in July!

From: Your NetCare Family



Don't forget to check out Bubbly Tea Café located at 103 Mikkell Tan Vy Bldg, 196 Chalan San Antonio Tamuning, Guam 96913 for their special promos! You have a choice of 1 FREE iced green tea/black tea with every purchase of a wrap or 10% off every purchase of \$20 or more! Call (671) 646-6063 for more details.

Did You Know? Beans are healthy in so many ways.



- **Beans are good for digestion:** Beans contain both soluble and insoluble fiber, so they work double to keep your digestive system running smoothly! The first slows down digestion, giving you that full feeling while the other helps prevent constipation.
- **Beans can help regulate blood sugar:** Because of the fiber and protein, the carbs in beans get absorbed at a slower rate over a longer period of time, keeping your blood sugar steady.
- **Beans can help lower cholesterol:** The soluble fiber in beans binds the cholesterol in the GI tract, which prevents it from being absorbed in the blood.
- **Beans are good for your heart:** Beans are good sources of potassium and magnesium, which are key mineral for your heart. Potassium naturally removes excess sodium and water from your system, which can reduce blood pressure. Magnesium on the other hand, aids in nerve function and blood pressure regulation.



Blueberry Cheesecake Bars

Ingredients:

- 2 tablespoons unsalted butter, softened
- 1 cup graham cracker crumbs
- 1 8 oz. package fat free cream cheese, softened
- 1 8oz. package reduced fat cream cheese, softened
- ¾ cup sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 teaspoon lemon juice
- 1 10oz. jar blueberry fruit spread

1.

Preheat the oven to 350°F. Mix butter and graham cracker crumbs in a 9x13 in. baking pan. Press the mixture firmly into the bottom of the pan creating a thin even layer. Refrigerate while you prepare the filling.

2.

In a large mixing bowl, beat the cream cheese with an electric mixer on medium high until creamy. Add sugar, eggs, vanilla, and lemon juice and beat until creamy and well blended.

3.

Stir the fruit spread around in the jar until it is spreadable and then spread it evenly over the crust. Sprinkle blueberries over the jam. Spread the cream cheese mixture evenly over the blueberries.

4.

Back for 30 minutes until set and slightly puffed. Remove from the oven and allow to cool to room temperature before covering with plastic wrap and placing in the refrigerator to chill completely.

5.

Cut into bars and serve.

Get more recipes at <http://simple-nourished-living.com>

NetCare's New Fitness Partners

CrossFit Affiliates

Custom Fitness

Open Gym Hours

Monday-Friday : 5:30 am --7:30 pm
CLOSED 1 - 3 pm

Saturday: 7 am – 12 pm

Contact number: 989-0436

Website:<http://www.customfitnessguam.com>



CrossFit Hita

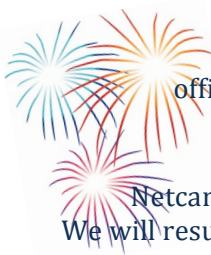
For Complete Schedule of Hours contact them at 989-2448/2449 or email them at :

crossfithita@hotmail.com

CrossFit Latte Stone

For complete schedule of hours:

<http://www.crossfitlattestone.com/schedule/calendar-2/>
or contact them at 989-1348.



In recognition of Holidays Netcare offices will be closed on the following dates:

4th of July Holiday

Netcare Offices will be closed on **Friday, July 3rd**.
We will resume normal business hours on **Monday, July 6th**.

Liberation Day

Netcare will be closed on **Tuesday, July 21st**.
We will resume normal business hours on **Wednesday, July 22nd**.



We're on the clock for you!

Netcare customers and providers are now able to visit or call Netcare's Customer Service Center on Saturdays! Hours of operation are from 9:00am-1:00pm. Please feel free to contact us at 472-3610 or visit us regarding any issues or concerns such as:

- Member eligibility verification
- Claims status
- Provider look-up
- Off-island Medical Referral Assistance
- Claims or Deductible Filing
- Benefit Coverage



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 including flu-like symptoms and answers about medication usage and interaction. Call 1-877-585-5376 anytime, anywhere. The NetCare Nurse Hotline is an immediate, reliable and caring source of health information, education and support and the call is toll free.

*To access the 24 hour Nurse Hotline please have your member id number ready for them to assist you.

