

Featured Rewards Partners



Call Ben Lujan Towing between the hours of 8am and 5pm for your towing needs to receive \$5.00 off basic tow (no extra operations) and disposals.



Spend \$10.00 or more at the brownbag café and receive 10% off your total bill. Additional discounts and promotion will not apply. You can contact them at (671) 477-0880 for further details.



RoyalBics

Fashion ♦ Uniforms ♦ Tailors ♦ Shoes

Check out Royal Bics and received 25% on entire stock excluding school uniforms.

For more information call (671) 646-6500.

As a reminder to all members, our office will be closing at 12 p.m. on Friday, March 25, 2016 in honor of



From Your: NETCARE Family

Did You Know?

If you want a super food with super powers, look no further than the slightly nutty, green soybean known as edamame! Each pod is packed with protein, Vitamin K, iron & fiber!



10 Tips for Good Eating

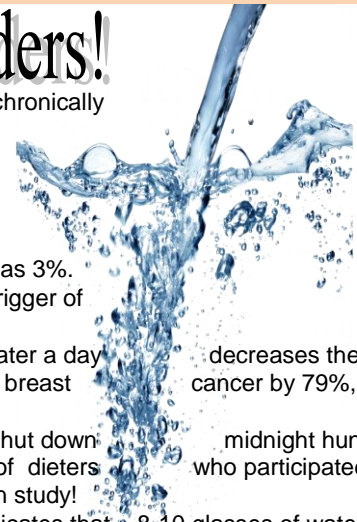


To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber, and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains, and fat-free or low-fat dairy products. Be aware of portion size. Even low calorie foods can add up when portions are larger than you need. Below are a few tips for good eating.

1. Get saucy with fruit! Puree berries, apples, peaches or pears for a sweet glaze on grilled seafood or poultry or on pancakes!
2. Heat leftover whole-grain rice with chopped apples, nuts and cinnamon.
3. Make a veggie wrap! Use roasted veggies and low-fat cheese in whole wheat tortillas.
4. Try crunchy veggies instead of chips with dip or salad dressing.
5. Grill colorful veggie kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Prep instant oatmeal with low-fat milk instead of water, and top with dried fruit.
7. Turn an omelet into a hearty meal by adding veggies and low-fat cheese.
8. Wake up to fruit! Make it a habit of adding fruit to your morning meals!
9. Stock up: fill your fridge with raw veggies and fruits that are cleaned ready to eat.
10. Make your main dish a salad of dark, leafy greens and other veggies. Add chickpeas or edamame (soybeans) for extra protein and fiber.

Water's Wonders!

- 75% of Americans are chronically dehydrated! This likely applies to half of the world's population!
- Even MILD dehydration will slow down one's metabolism by as much as 3%.
- Lack of water is the #1 trigger of daytime fatigue!
- Drinking 5 glasses of water a day of colon cancer by 45%, breast cancer by 79%, and bladder cancer by 50%!
- One glass of water will shut down midnight hunger who participated in a University of Washington study!
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers!



Are You At Risk For Kidney Disease?

Nothing more exemplifies the saying that big things come in small packages than your kidneys. These fist-sized organs may be small but are removing all the excess water & waste products actually responsible for from your blood. Poor health, however, can lead to many kidney disorders, so in honor of National

Kidney Month, it's important to know whether you may be at risk for kidney disease.

Risk Factors for Kidney Disease:

Diabetes and High Blood Pressure are the leading causes of kidney disease, triggering more than 70% of new cases each year.

Other Risk Factors include:

-Heart Disease -Family History of Kidney Disease

If you have any of these risk factors, please talk to your doctor about getting tested.



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.



Odds & Ends About Eggs

- To tell if an egg is cooked or raw, spin it! A cooked egg will spin, while the moving liquids in a raw egg will make it wobble.
- The egg is one of the most nutritious foods available, supplying high-quality proteins, the mineral choline (which provides memory), and vitamins B12, A, D, E and riboflavin.
- 82.5 Million dozen eggs are sold in the week before Easter Sunday! That comes out to 990 million eggs consumed on Easter alone.

Sleeping Tips for Children

It is estimated that a child will spend over 40% of their childhood asleep. This is because sleep is especially important for children as it directly impacts their mental and physical development. Here are some tips for helping your child sleep at night.

Newborns

- Put baby in the crib when drowsy but not asleep, so they learn to get themselves to sleep.
- Encourage sleepiness at night by exposing them to light and noise and playing more with them in the daytime.

Infants

- Develop regular daytime routines and bedtime schedules.
- Create a consistent and enjoyable bedtime routine, such as a bedtime or story-time.
- Encourage baby to sleep alone, so they learn to fall asleep independently and don't fuss when you are away from them.

Toddlers

- Encourage naptime early in the day, as naps too close to bedtime may delay sleep at night.
- Encourage the use of a security blanket or other forms of soothing, such as warm milk or a favorite stuffed animal or pillow.

School-Aged Children

- Healthy sleeping habits will reflect in their performance at school. Emphasize a regular sleep schedule, giving them the same sleep-and wake-times each day, even on weekends.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.



Easy Garlic and Rosemary Chicken

Servings Per Recipe: 4

Ingredients

- 4 skinless, boneless chicken breasts
- 4 cloves garlic, chopped
- ¼ cup dried rosemary
- 2 tablespoons lemon juice

Directions

1. Preheat oven to 375 degrees F.
2. Cover the chicken breasts with garlic, then sprinkle with rosemary, lemon juice, and pepper to taste. Place in a 9 x 12 inch baking dish and bake in the preheated oven for 25 minutes or until done and juices run clear (baking time will depend on the thickness of your chicken breasts.)



Nutritional Information Amount Per Serving: Calories: 147, Total Fat: 2g, Cholesterol: 68mg, Sodium: 79mg, Total Carbs: 3.7g, Dietary Fiber: 1.5g, Protein: 27.6g

<http://mvhealthvcommunitv.com/recipes/march.html>