



July 30, 2008

For News Release

NetCare Opens Health & Wellness Assessment Office

Hagatna, (GU) – NetCare Life & Health Insurance Company (NetCare) today announced new integrated tools and resources designed to promote members’ health, wellness and productivity, through the opening of a full-time Health and Wellness Assessment Office which includes the following services:

- Health assessment and health planning tools
- Health educational resources and materials
- Lifestyle management programs
- Worksite wellness fairs and initiatives
- Motivational and incentive programs
- On-line health and wellness resources

“NetCare’s goal is to provide the resources and guidance to help our members experience wellness everywhere,” said Jerry Crisostomo, Plan Administrator of NetCare. “NetCare recognizes that the tools required to help individuals improve their health varies, based on each individual’s condition and lifestyle. So, we have developed a variety of resources and outreach programs to address each individual’s needs, including direct support to help members who may require greater assistance to reach their optimum level of health,” emphasized Crisostomo.

Self-Assessment helps members understand and address health issues

NetCare’s wellness tools and resources consist of several components, starting with a health risk assessment (HRA), which help participants evaluate and better understand their health status. Based on their input, HRA’s produce personalized reports, which highlight areas of health risk. Using the reports, members can develop health goals and plans for improvement that address fitness, nutrition, and a host of related issues. In addition, they can enroll in lifestyle management programs, covering topics ranging from smoking cessation to weight management.

Worksite wellness resources for employers

NetCare’s wellness tools also incorporate a number of worksite wellness initiatives, including health and wellness topics and seminars, onsite health fairs, health screenings and topic specific health and wellness seminars and health information.

In addition, NetCare provides wellness campaigns to employer groups spanning a range of topics, from walking programs to weight management contests. Campaigns include planning tips and pre-written employee communication materials, such as e-mails, posters and fliers.

NetCare also provides members with an on-line wellness site through www.netcarelifeandhealth.com providing a variety of resources and programs to help members achieve healthier lifestyles.

The Health and Wellness Office is staffed by Rynette-Chenay DeCastro, NetCare's Health & Wellness Improvement Coordinator and is open Monday through Friday, from 8:30am to 4:30pm. Members or employers can contact Rynette at rdecastro@netcarelifeandhealth.com or call 472-3610 extension 248 for appointments and inquiries.