

NOW AVAILABLE TO ALL NETCARE MEMBERS!

FREE Fitness Classes @ The Hilton Guam Resort & Spa

HOT HULA	Instructor: Pinki
MORNING RUN	Instructor: Guam Running Club
PILATES	Instructor: Lauren
AQUA ZUMBA	Instructor: Pinki

Registration required prior to each class at Hilton Wellness Center/Gym

For more information, please contact
NetCare's Customer Service Department
at 472-3610 ext. 201

Living with...

Scleroderma Treatment & Management

June is **Scleroderma Awareness Month**

June 29 is **World Scleroderma Day**

Recognized by the Scleroderma Foundation, along with its Chapters and Support Groups, and the world's scleroderma community.

What is Scleroderma?

Scleroderma is the hardening and tightening of the skin and connective tissues from an overproduction of collagen. For some, it may only affect the skin, but for many people it can go beyond the skin to affect blood vessels, the digestive tract, and internal organs (mayoclinic.org). Scleroderma can be categorized into two main types: Systemic and Localized. Systemic forms can affect any part of the body; skin, blood vessels and internal organs, while localized forms affect the skin and sometimes the underlying bones or muscles (sclero.org).

Is Scleroderma treatable?

There is currently no known drug to cure scleroderma, but medication is available to help control symptoms and prevent complications.

Are there other options to controlling my Scleroderma besides Medication?

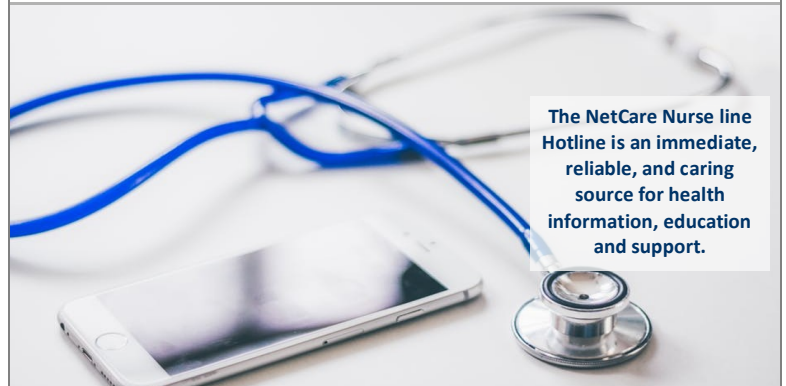
Physical and occupational therapists can help to maintain independence in daily tasks by managing pain and improving your strength and mobility. As a last resort, surgical options to reduce complications are available (mayoclinic.org).

To learn more visit mayoclinic.org, or talk to a healthcare professional.

Show your support by wearing the color Teal!

NetCare's 24 Hour Nurse Line

Toll free #: 1-877-585-5376



The NetCare Nurse line Hotline is an immediate, reliable, and caring source for health information, education and support.

The NetCare 24 hour Nurse Line provides information based on physician approved guidelines such as:

- General information on all types of health concerns
- Answers about medication usage and interaction

***Please have your member ID Number ready for them to assist you.**



**NetCare Health Plus
Featured Rewards
Partner**



Bubbly Tea Café

Promo 1: FREE iced green tea/black tea with every purchase of a wrap.

Promo 2: 10% off every purchase of \$20 or more. Offer

can not be combined with any other promotions or discounts.



PRIMO Surf

10% discount except for hard goods such as surfboards, stand up boards, kayaks, and windsurfers.

DID YOU KNOW...

(health24.com)

- June is the month with the longest daylight hours of the year
- More germs are transferred shaking hands than kissing
- The average person has about 100,00 scalp hairs





Wear blue to show your support of **Men's Health Month!**

It's purpose is to bring awareness of the options for men and boys in maintaining their health. Encouraging early detection and treatment of diseases, and information regarding preventable health problems.

12.4% of men
18 years and over have
FAIR or POOR
HEALTH

32.6% of men
20 years and over
suffer from
HYPERTENSION

34.5% of men
20 years and over
suffer from
OBSIDITY

NATIONAL MIGRAINE & HEADACHE AWARENESS MONTH

Recognized by the **National Headache Foundation**
Show your support by wearing the color **Purple!**

TYPES OF HEADACHES

SINUS	Pain is usually behind the forehead and/or cheekbones
CLUSTER	Pain is in and around one eye
TENSION	Pain is like a hand squeezing the head (mostly felt in the forehead)
MIGRAINE	Pain, nausea and visual changes are typical of classic form

Beat the heat this summer

with **Orange Pomegranate Green Tea**

Yields: 1—6 servings

Calories: 112 | Total Fat: 0 g | Saturated Fats: 0 g
Trans Fats: 0 g | Cholesterol: 0 mg | Sodium: 2 mg |
Carbohydrates 26 g | Dietary Fiber: 2 g | Sugars: 21 g |
Protein 2 g

Ingredients

- 1/3 cup chilled green tea, no added sweeteners
- 1/2 cup freshly squeezed orange juice
- 1/2 cup 100% pure pomegranate juice
- 1 lemon wedge
- 1 orange slice, garnish
- Ice

Directions

1. Combine chilled tea and pomegranate juice in one glass, add a few ice cubes and pour in orange juice.
2. Squeeze lemon into drink
3. Stir and serve

For more recipes, visit Skinnyms.com

Know the symptoms of **CATARACTS**

A cataract is a clouding of the eye's lens, preventing passage of light into the eye. Early detection of cataracts could help you to receive treatment quicker and prevent extensive vision loss.

Here are the symptoms

- Blurred Vision, Clouded, or dim vision
- Sensitivity to light
- Seeing "halos" around lights
- Frequent changes in eyeglasses or contact lens prescriptions
- Fading or yellowing of colors

For more information, visit mayoclinic.org



Happy Father's Day to all father's

From
Your NetCare Family



To: All members born in June

From
Your NetCare Family



Congratulations
To our members in the graduating
Class of 2017
From: Your NetCare Family

NetCare Life & Health Insurance, Co.
Julale Ctr, Suite 200, 424 W. O'Brien Drive
Hagatna, GU 96910
Tel: 671-472-3610 | Fax: 671-472-3615
www.netcarelifeandhealth.com