

## WEAR BLUE



June is Men's Health Month. The purpose of Men's Health Month is to raise the awareness of preventable health problems and encourage early protection and treatment of disease among men and boys. This month gives health care providers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

*How can I help?* Show your support for all the men and boys in your lives by wearing **BLUE!** Friday, June 17<sup>th</sup> is wear BLUE Day 2016. Whether it is your friend, brother, dad, significant other, spouse, boss, etc., show them you care about them and their health by wearing blue. Men live sicker and die younger. Let's use this month to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Wear BLUE is sponsored by Men's Health Network, a national non-profit organization whose mission is to reach men and their families with health awareness messages where they live, work, pray, and play.

For more information about Men's Health Month or Wear BLUE, visit [www.menshealthmonth.org](http://www.menshealthmonth.org).

## Stay Healthy As You Age



### ACHES AND PAINS

#### Normal:

- Occasional muscle aches associated with exercise
- Mild joint pain that gets better with rest, ice, compression and elevation
- Some shortness of breath during a challenging workout

#### Not Normal:

- Muscle aches lasting longer than 3 days
- Persistent joint pain that limits mobility and affects your daily activities
- Any chest pain or pressure, dizziness or nausea during exercise

### Schedule These Screenings

- Blood pressure: every two years or every year if it's above 120/80.
- Cholesterol: Every five years or more often if you have certain medical conditions.
- Colonoscopy: Beginning at age 50 or earlier if you have a family history of colon cancer.
- Diabetes: Starting at age 45 or especially if you have high blood pressure.
- Prostate Cancer: Talk with your doctor if you're ages 40 or older.

## Netcare's 24 Hour Nurse Line is available for you! 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 to assist you.

### Featured Rewards Partners



Visit LOHAS Chiropractic & Nutrition to receive 10% off initial metabolic testing or initial ultrasound

body composition testing. Call (671) 649-4871 for more information.



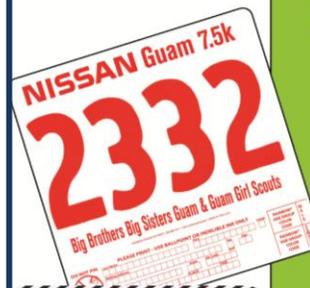
Love cosmetics? Netcare members receive 20% off at I Love Marine Drive Total Cosmetics. Visit them today or call (671) 646-4909/10 for more details.



Visit Guam Home Center to receive 10% off all Moen Home Care products. Contact them at (671) 632-4442 for more information.

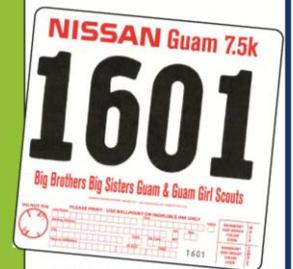


What better way to stay active during your summer days than joining in on some running fun! Don't forget to sign up for Nissan's Annual Flag Run on June 11, 2016. Bibs are \$12 on race day.



Proceeds to benefit: Big Brothers Big Sisters of Guam and Guam Girl Scouts.

Don't miss out on great raffle prizes, awards, dry fit shirts, grand prize and baby grand prizes! See [nissanguam.com](http://nissanguam.com) for more details.



Happy Birthday to all members born in the month of June.



From: Your Netcare Family

### June is Fresh Fruits & Veggies Month



How to Use Fruits & Veggies to Manage Your Weight

Breakfast: Start the Day Right

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl or make room for some cut-up bananas, peaches, or strawberries.

Lighten Up Your Lunch

- Substitute vegetables for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito.
- Add a cup of chopped vegetables in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup.

Dinner

- Add in 1 cup of chopped vegetables while removing 1 cup of the rice or pasta in your favorite dish.
- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable.

For more healthy food tips, visit [www.cdc.gov](http://www.cdc.gov).



St. Luke's Medical Center  
*We love life.*

### 2016 Pacific Islands Summer Promo From June 1 to August 31, 2016

#### 10% Discount

- ❖ Breast Care Center
  - Breast Ultrasound
  - 2D + 3D Breast Ultrasound
- ❖ Cardiac Catheterization Laboratory (Diagnostic only)
  - Coronary Angiogram- Procedure Only
- ❖ Diagnostic X-Ray (All ancillary procedures)
- ❖ General Ultrasonography (All ancillary procedures)
- ❖ Institute of Digestive and Liver Diseases
  - Colonoscopy
  - Gastrosocopy
  - Gastro-Colonoscopy
- ❖ Nuclear Medicine
  - Bone Densitometry
  - Whole Body Bone Densitometry
- ❖ Vision Laser Center
  - Lasik
  - PRK
  - Lasik Femto
  - Smile
- ❖ Women's Health Care
  - (All procedures requiring ultrasound)
- ❖ Dental Prophylaxis
- ❖ CT Scan
- ❖ Magnetic Resonance Imaging (MRI)

#### 5% Discount

- ❖ Wellness Executive Check-Up Packages

\* Contact your NetCare Off-Island Coordinator for any questions or to schedule your off-island appointments.

**HAPPY FATHER'S DAY**

To all dads  
From:  
Your Netcare Family

### FestPac 2016 Donation



### Top 5 of 10 Foods to Boost Male Health

1. Oysters. Just a few oysters each day will deliver a full day's supply of zinc. Zinc is involved in hundreds of body processes, from producing DNA to repairing cells.
2. Bananas. Bananas are a great portable source of quick energy and are rich in potassium, which is needed to regulate nerves, heartbeat and blood pressure.
3. Fatty Fish. No list of superfoods would be complete without the healthy fat, omega-3 fatty acids. These omega-3 fatty acids are potent anti-inflammatory foods that can help lower triglyceride (blood fat) levels, reduce aches and pains in athletes, and offer relief with certain kinds of arthritis.
4. Broccoli. Broccoli is helpful in the prevention of heart disease and cancer. It's loaded with vitamin C, beta-carotene, potassium, and a phytochemical called sulphoraphane, which has strong anticancer (prostate and colon) properties.
5. Brazil Nuts. These large nuts from Brazil are packed with magnesium and selenium, powerful antioxidants that may help prevent heart disease and cancer and protect prostate health. Selenium also helps lower LDL or "bad" cholesterol and reduces the incidence of blood clots and heart disease.



Want to know the last five top foods to boost male health? Visit [www.medicinenet.com](http://www.medicinenet.com).

### Whole Wheat Pasta Salad

Ingredients: 3 cups whole wheat pasta, cooked and drained | 2 bell peppers, diced | 1 cup tomato, diced | ¼ cup onion, diced | ¼ cup black olives, sliced | 2 Tbsp lemon juice | ½ tsp salt | ¼ tsp black pepper | ¼ tsp garlic powder

Directions:

1. Cook pasta according to package directions; drain and set aside.
2. Wash and prepare bell pepper, squash, tomato, onion and olives as directed
3. Mix all ingredients in a large bowl. Serve immediately or cover and refrigerate.

Nutritional Information:

Calories: 123 | Total Fat: 1.3g | Saturated Fat: .2g | Calories from fat: 9% | Protein: 5g | Carbs: 25g | Cholesterol: 0mg | Dietary Fiber: 4g | Sodium: 243 mg

