

We are nearing the end of 2016 which means...Holidays! Holidays! Holidays! Please take note of the following observed holidays for the month of November.

- November 11: Veterans Day. CLOSED. Normal office hours will resume on November 14, 2016.
- November 24 – 25: Thanksgiving Day and Black Friday. NetCare office will be CLOSED. Saturday hours will resume November 26, 2016 and regular business hours will resume November 28, 2016.

Happy Thanksgiving to each and every one of you! From, Your NetCare Family.



24/7 NURSELINE



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. It is an immediate, reliable and caring source of health information, education and support. The call is toll free. Call 1-877-585-5376. *Please have your member id number ready for them to assist you.

Featured Rewards Partners



Planning your big day? Visit Couture Naoco Ginza dba Kuraudia Guam, Inc. located in the Westin Resort Guam, Mezzanine Floor, to receive 5% off their local price for their wedding services. Call (671) 647-0483 for more details.

Need some relaxation this holiday season? Treat yourself to Angsana Spa located in the Sheraton Laguna Guam Resort. Receive a 30% discount on body massage or two for one massage on your birthday month! Call (671) 646-2222 for more information.



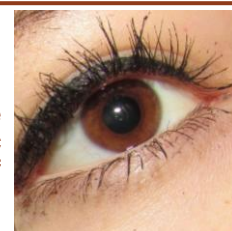
Thanksgiving Belly-Saving Tips!

A common Thanksgiving meal with turkey, mashed potatoes, stuffing, gravy, potato salad, a dinner roll, pumpkin pie, and a can of soda can easily add up to 3,000 calories! We all that we don't stop at one plate! If you're looking to drop pounds instead of add them, here are a few ways to help trim off those Thanksgiving calories:

- Cut back on your portions. If you just have to have a taste of everything, make it a small taste.
- Say no to seconds. Easier said than done, yes, but if you plan to do it beforehand, you're likely to resist the temptation.
- Stay away from "maybe" foods. If you don't really have to have it, then don't eat it.
- Don't starve yourself. A common practice is to not eat until the big Thanksgiving party, but this just makes you overeat by piling your plate when you finally get to the table.
- Know your trigger foods. Some people can't stop at just one slice of latiya. If you know you'll end up eating more, don't eat it at all.

Thanksgiving comes once a year, so enjoy all the savory foods, but be sure to make smart choices!

Diabetic Eye Disease



November is Diabetic Eye Disease Awareness month! What is diabetic eye disease? It consists of a group of eye conditions that affect people with diabetes. There are two types:

- Diabetic retinopathy: affects blood vessels in the retina. It is the most common cause of vision loss among people with diabetes and the leading cause of vision impairment and blindness among working-age adults.
- Diabetic macular edema (DME): a consequence of diabetic retinopathy, DME is swelling in an area of the retina called the macula.

Diabetic eye disease also includes cataract and glaucoma.

- Cataracts. A cataract is a clouding that develops in the lens of the eye. As a cataract becomes more "milky", clear vision is compromised and contours, shadows, and colors are less vivid. Cataracts can be removed through surgery, but are potentially blinding if left untreated.
- Glaucoma. Glaucoma is a disease that affects the eye's optic nerve, resulting in the loss of peripheral vision and/or a reduced clarity of colors. The loss of vision occurs gradually over time and is not often noticed until it has progressed significantly. Once lost, the damaged visual field cannot be recovered.

Visit <https://nei.nih.gov/health/diabetic> for more details.



Did You Know?

- A pumpkin is not a vegetable but really a member of the "Cucurbita" family and is closely related to squash and cucumbers.
- Pumpkins come in many sizes and shapes, but in addition to orange, they also come in yellow, white, green, tan, red, and blue varieties!
- Pumpkins were once used as a cure for freckles and acne, a remedy for snake bites, an aid for all sorts of stomach and gastrointestinal ailments, and the seeds are believed to help avoid against prostate cancer.



Creamy Spinach Dip



Nutrition Information:
 Serving size: ¼ cup
 Per serving: 50 calories;
 3g fat; 1g fiber; 3g
 carbs; 3g protein; 38
 mcg folate; 10mg
 cholesterol; 2g sugar; 0g
 added sugars; 1766 IU
 vitamin A; 6mg vitamin
 C; 56 mg calcium; 1mg
 iron; 209mg sodium;
 152mg potassium

Ingredients:

- 1 small shallot, peeled
- 1 5oz. can water chestnuts, rinsed
- ½ cup reduced-fat cream cheese
- ½ cup low-fat cottage cheese
- ¼ cup nonfat plain yogurt
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 6 oz. baby spinach
- 2 tablespoons chopped fresh chives
- Freshly ground pepper, to taste

Directions:

- Pulse shallot and water chestnuts in a food processor until coarsely chopped.
- Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper. Pulse until just combined.
- Add spinach and chives. Pulse until incorporated.

Find more low-calorie recipes at www.eatingwell.com.



A friendly reminder:

NetCare's office is open to serve you on Saturdays from 9am-1pm, excluding holidays.



COPD Awareness Month

November is Chronic Obstructive Pulmonary Disease (COPD) Awareness Month. COPD is a term used to describe progressive lung diseases including emphysema, chronic bronchitis, non-reversible asthma, and some forms of bronchiectasis. It is characterized by increasing breathlessness.

Many people mistake their increased breathlessness and coughing as part of aging. However, in the early stages of the disease, you may not notice the symptoms. It is important to talk to your doctor as soon as you notice an increase in breathlessness, frequent coughing, wheezing, or tightness in the chest.

What are some risk factors and common causes of COPD? Most cases are caused by inhaling pollutants; including smoking (cigarettes, pipes, cigars, etc.), and second-hand smoke. Fumes, chemicals and dust found in many work environments are also contributing risk factors. COPD most often occurs in people 40 years of age or older who have a history of smoking. These individuals may be current or former smokers.

COPD can also occur in individuals who have had long-term contact with harmful pollutants in their workplace. Some of these lung irritants include certain chemicals, dust, or fumes. Heavy or long-term contact with second-hand smoke or other lung irritants in your home may also cause COPD.

Visit <http://www.copdfoundation.org> for more interesting details on COPD.



to all members born in the month of November.
 From, Your NetCare Family

November 17: Great American Smokeout



Quit like a champ! Why? Here are a few of the benefits of quitting:

- 20 minutes: Your heart rate and blood pressure drop
- 12 hours: The carbon monoxide level in your blood drops to normal
- 2 weeks – 3 months: Your circulation improves and your lung function increases
- 1 – 9 months: Coughing and shortness of breath decrease

5 Tips for Healthy Skin



1. **Exfoliate.** Create a body scrub out of coconut oil, lemon juice and sea salt to make a gentle body scrub that gets rid of bacteria and dead skin cells.
2. **Try Natural.** Try using honey or coconut oil to moisturize your skin.
3. **Avoid Hot Water.** While hot water can be relaxing, it can cause your skin to become dry and dull.
4. **Stay Hydrated.** Drinking multiple cups of water every day will keep your skin refreshed to prevent from becoming dry and flaky.
5. **Sun Exposure.** Unhealthy amounts of exposure to the sun's harmful UV rays will have negative effects on the health of your skin.