

Netcare's 24 Hour Nurse Line is available for you!
Call 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



Flowers By Tand
Need flowers for a special occasion? NetCare members receive 10% off red roses at Flowers by Tand! Call (671) 646-5424 for more details.

MARIANAS ELECTRONICS
Guam's sole authorized Apple reseller & service center

Receive 15% off labor fee for Apple product repair services when you visit Marianas Electronics. Call (671) 637-4441 for more information.

ROYAL Hibiscus

Visit Royal Hibiscus for 10% off regular prices items. *Offer cannot be combined with any other offer. Exclusions apply. See store for details.

NetCare office will be closed on
September 5, 2016



September is Childhood Cancer Awareness month. Cancerous cells grow and spread much faster than normal cells, and are often found clustered together to form a tumor. Tumor growth poses two key threats: it can cause localized damage, and it can spread to harm other organs of the body. Unlike many adult cancers, childhood cancers are not linked to lifestyle factors, which rules out proactive measures to prevent cancer cell development in children.

"Childhood cancer" is a general terms to describe more than 12 types (and countless subtypes) of cancer; however, in the last 20 years, only two new drugs have been developed to treat children with cancer. Each type/subtype of childhood cancer requires a unique, specialized course of treatment, which makes finding a cure for every child extremely challenging and highlights the crucial importance of additional childhood cancer research.

According to the American Childhood Cancer Organization, in the U.S., 15,780 children under the age of 21 are diagnosed with cancer every year; approximately 1/4 of them will not survive the disease. The objective of Childhood Cancer Awareness Month is to put a spotlight on the types of cancer that largely affect children, survivorship issues, and to help raise funds for research and family support for those affected by the diagnosis.

Visit www.acco.org for more

WALKING: The BEST Exercise!

No money and no time – the two most common reasons people give for not getting enough exercise. Well, no more excuses! Here are the top 7 reasons why walking is one of the BEST exercises you can do, including being easy on your budget!

1. It's Cheap – Walking doesn't require any special equipment (besides a good pair of shoes), and there are no monthly membership fees to pay!
2. It's Easy – No training or special skills needed...you already know how!
3. It's Safe – Walking is easier on your bones and joints than running or jogging, but allows you to burn just as much calories!
4. It Keeps your Weight in Check – Walking helps you control your appetite and increases the amount of calories your body burns!
5. It Boosts your Bones – Walking is a weight-bearing exercise which helps build bone mass and prevent osteoporosis.
6. It Helps your Heart – Walking helps to lower your blood pressure and reduce the risks of heart attacks and stroke. It also makes your heart work harder, building its strength and endurance!
7. It Does your Body Good – Walking also helps to build muscle, burn fat, keep you energized and makes you sleep better at night!



DID YOU KNOW?

Each of your feet can produce up to a pint of sweat a day!

Keep your feet healthy (and odor free!) by washing them before you go to bed at night. Leaving dirt on the skin's surface can cause it to become irritated and infected, so wash your feet with soap and warm water every evening.

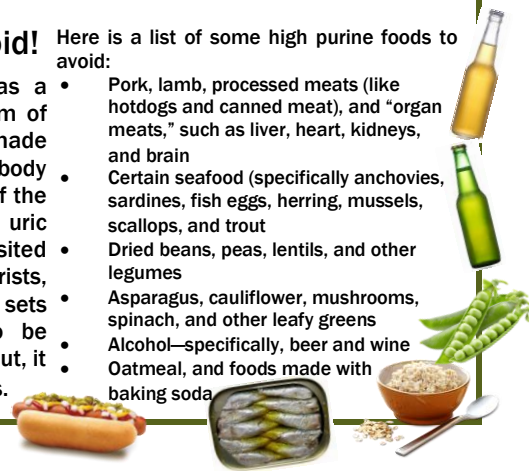


GOUT: Foods you should Avoid!

Most people think of gout as a consequence of over-indulgence, but it's really a form of arthritis caused by the build-up of needle-like crystals made up of uric acid in the joints. This acid is made when the body breaks down substances called purines found in a lot of the foods we eat. Usually, our kidneys help eliminate the uric acid, but when there is too much of it, it becomes deposited in the joints of the big toe, foofs, knees, ankles, wrists, fingers and elbows. That's when the characteristic pain sets in, when even the slightest touch may prove to be unbearable. The solution? If you have a big history of gout, it is recommended that you consume a diet low in purines.

Here is a list of some high purine foods to avoid:

- Pork, lamb, processed meats (like hotdogs and canned meat), and "organ meats," such as liver, heart, kidneys, and brain
- Certain seafood (specifically anchovies, sardines, fish eggs, herring, mussels, scallops, and trout
- Dried beans, peas, lentils, and other legumes
- Asparagus, cauliflower, mushrooms, spinach, and other leafy greens
- Alcohol—specifically, beer and wine
- Oatmeal, and foods made with baking soda



September is National Whole Grains Month

This September is National Whole Grains Month, and also the perfect time to start upping your whole grain intake if you haven't already. The great things about eating healthy is that it's never an "all-or-nothing" choice. Every single step towards improvement, regardless of how small it is, helps to bring you and your body one step closer to better health.

Research has shown that eating whole grains (as opposed to refined/whitened grains) helps to lower the risk of many chronic diseases. The recommended intake is 3 or more servings daily in order to reap the most benefits, but even as little as one serving each day helps to reduce such risks. Here are some of those benefits:

- Stroke risk is reduced 30-36%
- Diabetes risk is reduced 21-30%
- Heart disease risk reduced 25-28%
- Better weight maintenance

Other Benefits:

- Reduced risk of asthma
- Healthier carotid arteries
- Reduced risk of colorectal cancer
- Healthier BP levels
- Less gum disease and tooth loss

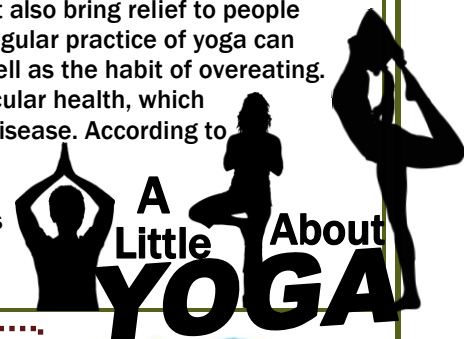
During National Whole Grains Month, make a pledge towards living a healthier lifestyle by adopting small changes in your diet. Try these suggestions or come up with your own! No matter what, just remember that every whole grain in your diet goes a long way!

- I'll buy whole-grain bread instead of white
- I'll serve brown rice one night a week
- I'll eat a bowl of oatmeal
- I'll make your favorite cookies with whole wheat flour instead of white.



Yoga is an ancient form of meditation. It's an awareness practice that synchronizes body, mind and breath. The word yoga comes from Sanskrit word "yuji," which means "unify" or to "yoke. Yoga exercises not only keep the joints healthy but also bring relief to people suffering from arthritis. Regular practice of yoga can reduce food cravings as well as the habit of overeating.

Yoga improves cardiovascular health, which reduces the risk of heart disease. According to a Harvard Medical Study, regular yoga is a good antidote to sleep disorders especially for those who suffer from insomnia.



Pineapples are actually berries! The sweet, cone-like structure is technically made up of multiple fruits (berries) embedded along a fleshy, edible stem! The pineapple was so named because of its resemblance to a pine cone!



Happy Birthday

to all our NetCare members born in September!

From: Your NetCare Family

5 Common Weight Loss Myths

People will try almost anything and believe almost everything when it comes to quick weight loss strategies. The truth is, no short term weight loss quick fix will ever lead to long-term results. So here are some of the most common weight loss myths and truths behind them!

1 Snacks are Bad!
Actually, having snacks can keep you from overeating or binge eating at the next meal. The only reason why snacks are getting bad rap is because of the kinds we tend to choose. We usually reach for cookies, candy bars, chips or other equally sugary & fatty foods loaded with calories. A good alternative is to think of nutritious- fruits, nuts, yogurt, low-fat cheese & whole wheat crackers.

2 Carbs are Bad!
As the saying goes, not all carbs are made equal. The ones to stay away from are the simple & processed carbs high in sugar, flour, & calories, & low in nutrition (donuts, muffins, those infamous cookies). Go for more wholesome ones, like whole grain breads, granola, pastas, & rice. Don't forget your beans, fruits & veggies. Just remember, your brain can ONLY run on Carbs, so stock up!

3 Say NO to Fast Food!
As much as dietitians would like to regret it, fast food is a part of everyone's diet, so it seems completely ridiculous to have to shut it out completely. It's true that drive-thru burgers are higher in fat, sodium, & calories than home cooked meals, so be wise about the choices you make. Stay away from deep fried- fries, breaded chicken, apple pies- and stick to grilled or baked choices. Always get the sauce or dressing on the side, or



scrape of as much of it as you can. And a good rule is to always start with a salad. That way, you're less likely to fill up on junk.

4 Some Foods can BURN Calories!
Let's get it straight—there is NO food that will ever increase your metabolic rate enough to help you burn calories. The only way to do it is through exercise.

5 Diet & Exercise- You WON'T Gain Weight
Sadly, your metabolism slows down as you age. So while your body is able to stay slim on the diet and exercise pattern you only follow now, it won't be the same 10, 20, 30 years down the road. You WILL have to make adjustments to your eating habits and workout to keep up with these inevitable changes, so stay flexible with your lifestyle.

Whole-Wheat Banana Muffins

Ingredients:

- | | | |
|---------------------------|--|---------------------------------|
| 1 ½ cup whole wheat flour | 3 lrg ripe bananas, mashed | 1 tsp vanilla extract |
| ½ cup all purpose flour | 2 lrg eggs, beaten | 12 dried banana chips, optional |
| 1 ½ tsp baking powder | ¾ cup milk | |
| ¼ tsp cinnamon | 3 tbs unsalted butter, melted and cooked | |
| ¼ tsp salt | | |

Preparation:

1. Preheat oven to 375°F; mist a standard 12- cup muffin tin with cooking spray or line with paper or foil liners. In a large bowl, combine both types of flour with baking powder, cinnamon and salt.
2. In a separate bowl, mix bananas with eggs, sugar, milk, butter and vanilla. Whisk until smooth. Fold banana mixture into flour mixture just until combined and batter forms; do not over mix.
3. Spoon batter into muffin cups; place a banana chip on top of each one, if desired. Bake until a toothpick inserted into center of muffin comes out clean, 18 to 20 minutes. Let cool in pan on wire rack for 10 minutes, then turn out onto rack to cool completely.

Nutritional Information: Calories 189 Fat 4g Satfat 2g Protein 4g Carbohydrate 35g Fiber 3g Cholesterol 44mg Sodium 102mg

<http://www.myrecipes.com/recipe/whole-wheat-banana-muffins>



Fun Facts About Fruits & Vegetables

-Apples float in water because they are 25% air.

-Eggplants are actually fruits, and classified botanically as berries.

-A strawberry is not an actual berry, but a banana is.

-The cabbage encloses nearly as much water as watermelon. Watermelon contains 92% water where cabbage is 90% and carrots are 87%.

-California produces almost all of the broccoli sold in the United States.

-Corn is a member of the grass family.

-Coffee beans aren't beans, they are fruit pits.

