

CALLING ALL RUNNERS

Get Ready!
Forms Available at
Hornet Sports,
Goody's Sporting Goods,
Guam Girl Scouts
& Nissan

\$12 on Race Day!



7.5k SOLO
\$10 Each



AGE DIVISIONS:

- ☐ YOUTH ~13 yrs & under
- ☐ JUNIOR ~ 14 - 19
- ☐ OPEN ~ 20 - 29
- ☐ SUB-MASTER ~ 30 - 39
- ☐ MASTER ~ 40 - 49
- ☐ SENIOR ~ 50 - 59
- ☐ GRANDMASTER ~ 60 - 69
- ☐ MANAMKO - 70+



2k_Walk/Run
\$10 Each

Saturday, June 11, 2016

Course: From Nissan Upper Tumon to GTA (Dededo) Turnaround back to Nissan, Marine Corps Drive, Show Time 5:00am. Start 6:00am. Proceeds to benefit: Big Brothers Big Sisters of Guam and Guam Girl Scouts. Great Raffle Prizes! Awards to Top Male/Female Overall, Top Three Age Division Winners. Dry fit Shirts to the 1st 700 finishers. **Grand Prize:** 2 roundtrip tickets from Delta Air Lines to Manila/Narita. **2 Baby Grand Prizes:** Giant brand Bicycles

nissanguam.com



Food Safety for Moms-to-Be

During pregnancy a woman's immune system is weakened, making it harder to fight off harmful food-borne organisms. Pregnant women are at an especially high risk for getting sick from listeria, harmful bacteria that can cause miscarriage, premature delivery, serious sickness, or death of a newborn baby.

What can you do to keep yourself and your baby safe from listeriosis?

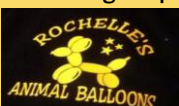
- Do not eat hot dogs, luncheon meats, bologna, or other deli meats unless they are reheated until steaming hot
- Do not eat refrigerated pate', meat spreads, or smoked seafood found in the refrigerated section of a store. Foods that don't need refrigeration, like canned salmon, are okay to eat.
- Do not drink raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them
- Do not eat cold salads made in the store, such as egg salad, seafood salad, or potato salad
- Do not eat soft cheese such as Feta, Brie, Camembert, etc. unless the label says "MADE WITH PASTEURIZED MILK."

24 Hour Nurse Line: 1-877-585-5376



Featured Rewards Partners

Attack the plaque with GumChucks! Netcare members may purchase the starter kit for just \$9.00 instead of the regular price of \$15.00. Refills are available for \$13.00. That's \$2.00 off the original price! Call them at (671) 788-7879 for more information.



Looking for some fun during your child's party? Call Rochelle's Animal Balloons at (671) 486-2784 for \$5 off balloon art services when you book a minimum of 2 hours.

Summer is just around the corner. We know you love those paddleboards, so we got you covered! Netcare members may check out Poksai Boards for 10% off rentals, apparel and merchandise. Call (671) 482-6439 for more details.



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.

Hand Hygiene.

Why is it important?



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Hand washing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. This allows germs to get into the body and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them.
- Germs from unwashed hands can also be transferred to other objects and then transferred to another person's hands.
- Removing germs through hand washing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Visit www.cdc.gov for more information on hand hygiene.



Happy Mother's Day to all mothers and a very happy birthday to all members born in May. From: Your NetCare Family



In observance of Memorial Day, NetCare's office will be closed on Monday, May 30, 2016. Regular office will resume on May 31, 2016 from 8am - 5pm.



Ingredients:

(2) 6-7oz cans boneless, skinless salmon, drained
 ¼ cup minced red onion
 2 tblsp lemon juice
 1 tblsp extra-virgin olive oil
 ¼ tsp freshly ground pepper
 4 tblsp reduced-fat cream cheese
 8 slices pumpernickel bread
 8 slices tomato
 2 large romaine lettuces cut in half

Salmon Salad Sandwich



Preparation: Combine salmon, onion, lemon juice, oil and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread ½ cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce and another slice of bread

Nutritional Information: **Per serving** 286 calories | 9g fat | 34mg cholesterol | 29g carbohydrates | 22g protein | 4g fiber | 262mg potassium

Visit <http://www.eatingwell.com> for more healthy and delicious recipes.

5 Fun facts about fruits and vegetables:

- Most of the nutrients in a potato reside just below the skin layer
- Bell peppers are fruits
- Mushrooms have their own immune system
- Steam broccoli to lower cholesterol levels
- Potatoes have more potassium than bananas



ABCDE of Melanoma

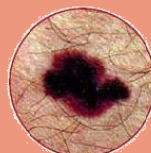
Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small), you should consider paying a visit to a dermatologist. The following are typical symptoms of melanoma, although not all may be present.

A



Asymmetry:
One half is unlike the other half

B



Border:
Irregular, scalloped or poorly defined border

C



Color:
Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue

D



Diameter:
While melanomas are usually greater than 6mm when diagnosed, they can be smaller

E



Evolving:
A mole or skin lesion that is changing in size, shape or color or that is itching, bleeding.