

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Fall 2011  Volume 10, Issue 3
For Teachers by Teachers



2011 HEALTH FESTIVAL
Jazz Up Your Health p. 13

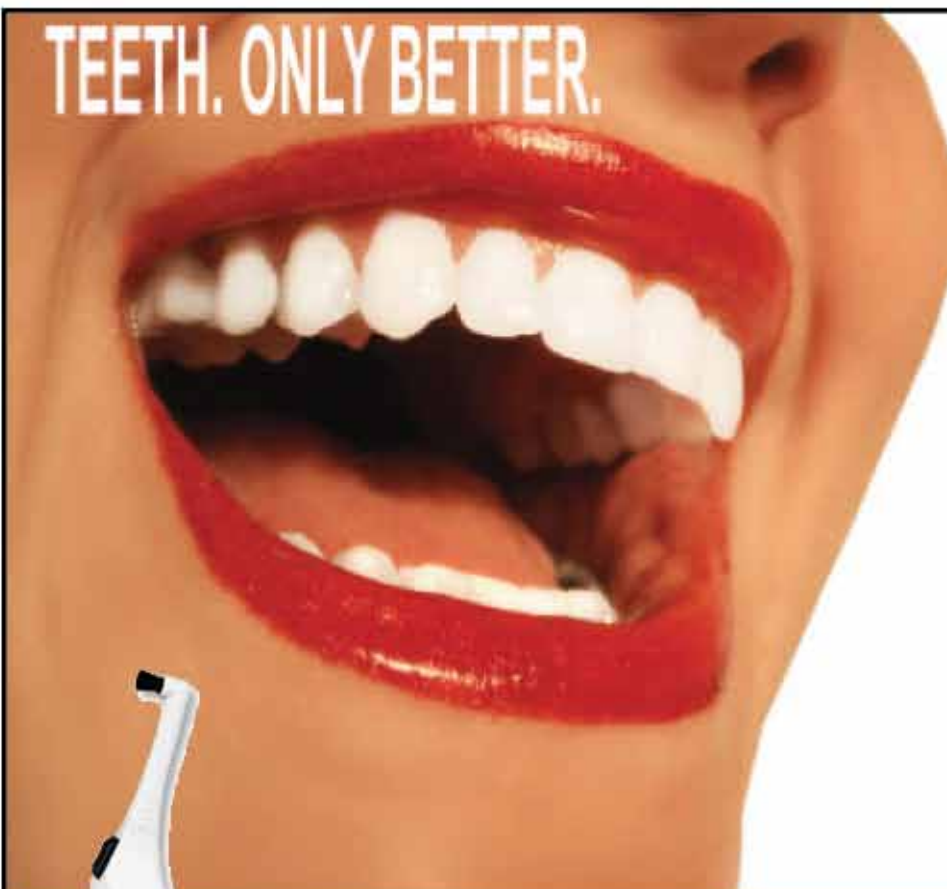
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p. 10

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Getting Prepared for Flu Season
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KEEP YOUR TRUST CAMPAIGN, PAGE 6

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HEALTH TRAXX
The Teachers Health Trust
Quarterly News Publication

Health Traxx is published quarterly by the Teachers Health Trust to help participants make life-saving decisions about health care. Although editorial content is based on sound medical information, we ask that you consult a health care professional regarding all medical concerns. We encourage you to keep copies of this news publication for the purpose of building a handy home medical reference guide or to recycle issues to friends and family.

Any opinions expressed by an author/source whose article appears in this publication are solely the opinions of the author/source and do not necessarily reflect the views of the Trust. If you have questions or comments regarding this issue, e-mail the Trust at wellness@teachershealthtrust.org or write to:

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This publication is made in part by the generous donations of network providers and non-profit community organizations. Individuals or companies interested in advertising opportunities in *Health Traxx* should contact Brenda Kelley, Director of Public Relations and Health Promotions, at wellness@teachershealthtrust.org or contact the Teachers Health Trust Wellness Division at 702-866-6192. An advertisement in the *Health Traxx* publication does not mean the Trust endorses the provider or service. Ad purchase space is based on a first-come, first-served basis, and advertisers are preferred to be a part of the Teachers Health Trust Provider Network. Other organizations, such as non-profit local or national health agencies or for-profit companies with a valid business license, may advertise once approved by the Teachers Health Trust Special Events Committee.



A MESSAGE FROM THE CEO

Stress – tension – apprehension – uncertainty – anger. These words seem to be appropriate to describe what teachers in Clark County are experiencing in these uncertain times. Certainly a contributing factor to these emotions is the stated intention of CCSD to terminate its

relationship with your Health Trust and move all teachers and their dependents to plan(s) offered by a for-profit, commercial insurance company. The entire staff at your Health Trust has been working diligently to get the facts out to you regarding this issue. Please keep in mind that this is YOUR HEALTH TRUST and the staff is working on YOUR BEHALF. However, these efforts are meaningless unless we have your unconditional support. Some of you may now be asking: what have we done for you to oppose CCSD's attempt to terminate your Health Trust?

Now that you ask, let me tell you:

- I have made 3 videos pertaining to this issue and they are all on our website at www.teachershealthtrust.org. I urge you to take a look at these as they contain some valuable information about protecting your health benefits.
- There is an online petition which enables you to support your Health Trust and to make comments. Many of you have already signed this petition, but more are needed. It can be accessed by a link on our website.
- Informational materials are constantly being sent to you by U.S. mail and by e-mail. Only those teachers with personal e-mails can be contacted by e-mail, so if you have not given us your personal e-mail address, please call our service department (702-794-0272) and do so. We are not using any interact e-mail addresses.
- Both Channel 8 and Channel 13 have aired videos about your Health Trust. You can access those videos on their websites. Other news media have also become aware of this issue and I will be dealing with them too.
- Teachers and providers have been contacting Superintendent Jones by letters and e-mails (ddjones@interact.net) and voicing their opposition to CCSD's actions. Some have also been contacting School Board Trustees.

As you can see, the staff has been quite active in its efforts to maintain your health benefits. THE REST IS UP TO YOU. Contact your colleagues and urge them to get involved. Speak up and make your voices heard. Our website has lots of information for you. The staff looks forward to serving your health care needs for many years to come.

Sincerely,

Chief Executive Officer
August 2011

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The event season is in full swing once again. Be sure to turn to page 13 to find out more about this year's Health Festival.

Also, make sure to turn to pages 10 and 19 so that you can schedule your appointment for this year's Breast and Prostate Cancer Awareness Campaigns.

More doctors trust their patients to us than to all other Nevada cancer treatment facilities combined.
That's strong medicine.

What does a doctor look for when he's considering a cancer treatment referral? The same things that matter to you: Treatment on the healing edge of medical technology. Access to a depth of clinical research. And modern facilities where everyone, from the person who greets you to the doctor who treats you, will do everything in their power to help you get well.

As an affiliate of both the world-renowned Jonsson Comprehensive Cancer Center at UCLA and of US Oncology, which is one of the largest oncology networks in America, we are now conducting over 150 clinical trials – more than all other Nevada cancer treatment centers combined. On the treatment front, we offer the only physicians in Southern Nevada to conduct breakthrough non-invasive surgery with the revolutionary Las Vegas CyberKnife®. No matter what you face, we've faced it before. And we know the most current, effective way to treat you.

There are twelve Comprehensive Cancer Center treatment facilities in Southern Nevada. Visit our website for details. cccnevada.com

TRUST TIDBITS

Update Your Contact Information

Due to confidentiality, the Trust would like to utilize your personal e-mail instead of Interact. Please e-mail your personal e-mail address to the Trust Service Department at www.serviceteam@teachershealthtrust.org. Additionally, don't forget to notify the Trust with any personal updates or changes in your status. The Trust should be notified immediately of any change of address, phone number, marital status, divorce, legal separation, domestic partner status or if you have other insurance. Make sure to complete and return all Third Party Liability (TPL) and Coordination of Benefits (COB) forms immediately. Failure to submit the required forms and/or information may result in delayed payment or denial of claims.

Welcome to All New Teachers

Welcome to the Clark County School District and the health insurance provider that is proud to serve its instructors: the Teachers Health Trust! We strive in many ways to ensure that you receive medical, dental and vision benefits of the highest quality. For example, the Trust has tried-and-true programs like this Fall's Breast and Prostate Cancer Awareness Campaigns, which you can read more about in this issue of *Health Traxx*. Also, in addition to our website (www.teachershealthtrust.org), you can find the latest benefit and event information online through our new Facebook and Twitter pages. The Trust is here to help you kick off the school year happily and march into the future healthily!

Find Your Subscriber ID#, Win \$25.00

For your chance to win, find the *Health Traxx* \$25 bill (see sample). If your subscriber number is on the bill, you win! To collect your prize, e-mail the Wellness Division at wellness@teachershealthtrust.org. All prizes must be claimed within 90 days of the issue's mail date.



ONLINE OPEN ENROLLMENT

Open Enrollment for active employees will begin October 31, 2011. All changes will become effective January 1, 2012. All participants may utilize the online open enrollment option in lieu of the mailed packet. Beginning October 31, log on to www.teachershealthtrust.org and select the Open Enrollment link.

The 2012 Open Enrollment Form may be completed and submitted online. Once you have completed the form, simply click Submit. If you add any new dependents, you may submit the required documents to the Trust via fax at (702) 794-2093 or e-mail to the Service Department at serviceteam@teachershealthtrust.org. All change forms and required documents must be received by the Trust no later than 5:45 p.m. on Wednesday, November 30, 2011.

You will receive information regarding the online Open Enrollment instructions and plan changes the week of October 24, 2011.

The Trust is offering this form as well as many others on our website as an added convenience to all our participants. Be sure to visit us at www.teachershealthtrust.org today to find all the resources and information available to you!

THE TRUST WANTS YOU TO BE A: WELLNESS TEAM LEADER

The Teachers Health Trust relies greatly upon the input and participation of our Wellness Team Leaders to help us provide quality service, programs and benefits.

One of our primary sources for the development, coordination and improvement of wellness programs and benefits are our Wellness Team Leaders.

The Wellness Team Leaders serve as on-site liaisons to the Trust and help to ensure that our programs and activities meet the needs of participants. The inclusion of a Wellness Team Leader from each school and worksite is vital to the success of the Trust and its programs.

The Trust is continuously in need of and recruiting new Wellness Team Leaders. To learn more about the Wellness Team Leaders, to find out if your worksite has a delegate or to volunteer, contact the Wellness Division via phone at (702) 794-0272 or e-mail at wellness@teachershealthtrust.org.



KEEP YOUR TRUST: JOIN THE FIGHT!

Visit www.teachershealthtrust.org today to make your voice heard!

Current Status

The Teachers Health Trust has recently been made aware that CCSD intends to terminate its 28 year relationship with Teachers Health Trust, and have your health care administered by a for-profit commercial insurance company. Currently, your Trust is governed by your fellow teachers. Our teachers understand that they receive quality health care because they steer the policies we abide by each and every day. The Trust, like our teachers, want to continue to deliver this quality coverage and work to serve our educational community.

The Trust shall continue to fight so that your benefits are not taken away. We also continue to fight because we know what will happen if your health care is turned over to a for-profit health insurance company. Not only can the majority of participants expect massive increases to premiums, but they will also be forced to endure a vastly diminished quality of care.

We will not pretend that we understand how the CCSD came to the conclusion that huge increases to your monthly expenses for a lesser product was good for anyone, with the exception of the executives and shareholders for these major corporations since all the facts and numbers say otherwise. That being said, we want to be sure that all our participants know about the Keep Your Trust Campaign and the various resources associated with it. The fight is just beginning and we will need to band together in order to keep your health benefits intact.

We hope that you will take a few moments to review these materials and then visit the Keep Your Trust web site to join the fight!



Campaign Updates

Peter Alpert, CEO has been hard at work documenting the ongoing fight to keep your benefits intact.

Be sure to tune in for his regular addresses to the participants to stay updated on the status of the ongoing campaign as well to learn more about how the Teachers Health Trust has worked to ensure you receive high quality care at the best rates possible.

Online Petition

The greatest weapon in the Trust's arsenal is our participants. Every day, the Trust stands by its commitment to provide you high quality health care benefits. We know this because our motto of For Teachers by Teachers is more than a tag line but the driving force in all we do.

Now we want to make sure the CCSD is well aware of it too. As we continue the fight to maintain your benefits, you can help by signing the online petition. We hope to get every licensed employee covered under a Teachers Health Trust medical plan to add their name to the petition so that we can truly demonstrate to the school district how much your Trust means to you.

Testimonials

In addition to the online petition, we know that many of our participants have stories to tell about how the Trust has positively impacted their lives during their times of medical need. These stories are often powerful ones that the school district should be made aware of because they drive home the key differences of care from a local non-profit versus that of a large for-profit corporation.

We hope those with such stories will take the time to share them by writing a letter to the school board.



Preserving and Restoring Las Vegas Smiles for Over a Decade

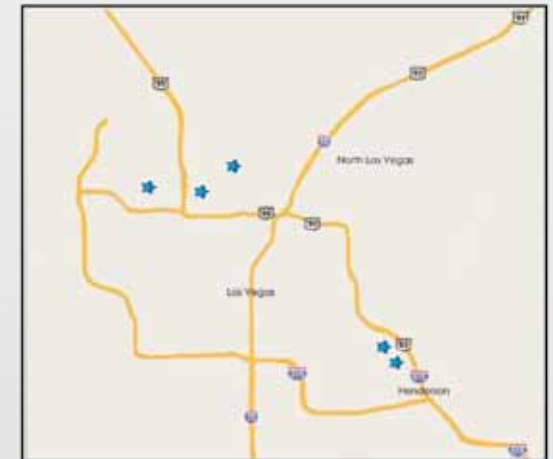


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(702) 228-2218
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(702) 648-2094
- Whitney Ranch Dental
1001 Whitney Drive #110 (Whitney Ranch & Patrick)
(702) 233-2787
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DIABETES INFORMATION

How Blood Sugar Testing Fits in

Diabetes is diagnosed when your blood sugar is too high. Did you know your blood sugar level changes throughout the day? It's affected by food, activity, medication, and other factors, like stress. To reduce the risk of serious complications, the goal of all diabetes treatment is to keep your blood sugar in a healthy range - not too high and not too low.

Testing with a meter at key times is an easy way to see:

- ✓ If your food and activity choices are working to keep your blood sugar in range - or not
- ✓ How well diabetes medications are working to keep your blood sugar in control
- ✓ How illness and emotions, like stress affect your blood sugar

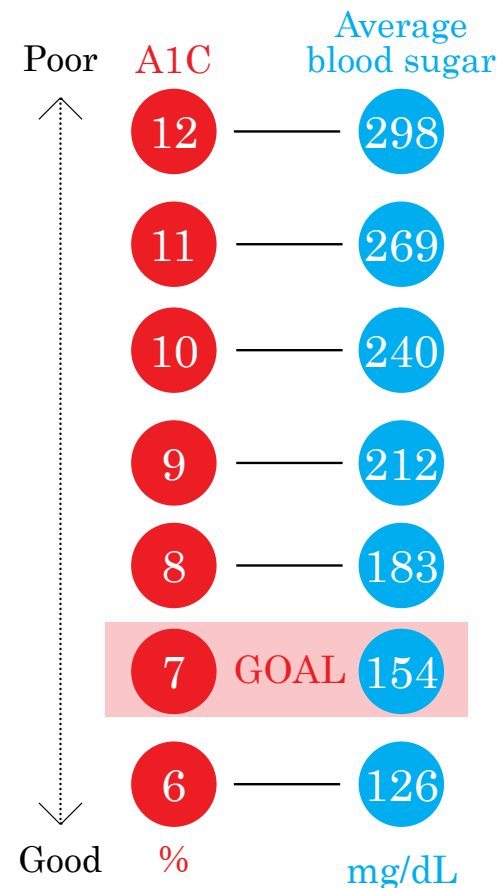
Your Healthcare professional uses an A1C test to see what your average blood sugar level has been over the past two to three months. But your A1C result does not show the daily effects of food choices and activity.

Testing with a meter is the best way to see the immediate effects of factors like food choices on your blood sugar, so you can take action to bring high or low blood sugar back into range. Your healthcare professional also relies on these results to assess your individual need for treatment adjustments.

The chart to the right shows how your A1C result is linked to blood sugar levels. If your A1C goal is 7%, your average blood sugar is around 154 mg/dL.

But A1C and blood sugar averages do not reflect changes in blood sugar throughout the day. That's why regular testing with a meter is recommended.

Life First.
ONETOUCH



BREAST CANCER AWARENESS

Risk and Prevention

Each September, the Trust hosts the annual Breast Cancer Awareness Campaign for all our participants and their eligible dependents. The Breast Cancer Awareness Campaign is designed to encourage preventive care and provide educational information in regard to breast cancer awareness and breast health. The program offers a free breast exam with mammogram during the months of September, October and November at various In-Network radiology facilities in Clark County, Nevada. This program is available to all DIAMOND and PLATINUM Medical Plan Participants.

The Trust hopes that all eligible participants and dependents will be sure to make an appointment for the 2011 campaign. In recent years, the program has successfully helped numerous women who were screened recognize and address warning signs. In many instances, these women were fast tracked into additional screenings and treatments that helped to ensure that they did not develop breast cancer.

Determining Risk

There are numerous factors to take into consideration when analyzing your risk for breast cancer. Keep in mind that no specific number of risk factors determine whether you will or will not develop breast cancer. Nonetheless, knowing these risk factors and understanding how they contribute to your overall risk are key in assisting you in your assessment.

- ⌘ **Age:** Risk for breast cancer increases with age with a significant percentage of those diagnosed being 55 or older.
- ⌘ **Breast Tissue Density:** Denser breast tissue raises the risk of breast cancer. Unfortunately, this can also make it more difficult to detect anomalies in a mammogram.
- ⌘ **Family History:** Risk increases for those who have blood relatives that have or had breast cancer.
- ⌘ **Gender:** While men can develop breast cancer, the risk for women is estimated to be approximately 100x greater than that of men.
- ⌘ **Heredity:** Gene mutations inherited from a parent. The most common gene associated with this risk are BRCA1 and BRCA2.
- ⌘ **Menstruation:** Risk increases for women who began menstruating at an early age (before 12) and/or began menopause at a later age (after 55).
- ⌘ **Obesity:** Being overweight or obese has shown to increase risk. This risk is further compounded following menopause.
- ⌘ **Race:** Current studies show that Caucasian women are more likely to develop breast cancer.

Prevention

The fact of the matter is that there is no surefire way to completely eliminate your risk. There are, however, numerous ways to lower your risk. Additionally, many practices can help increase your chances of successful treatment if you do develop breast cancer:

1. Exercise regularly.
2. Maintain a healthy body weight.
3. Limit your intake of alcohol.
4. Conduct breast self exams monthly.
5. Schedule annual breast exams and mammograms after age 39 or earlier if you have family history of breast cancer.
6. Undergo genetic testing if you have family history of breast cancer.



Membership in CCEA...

Advocacy. Protection. Benefits.

As a member of the Clark County Education Association, the Nevada State Education Association, and the National Education Association (CCEA/NSEA/NEA), you enjoy the protection & benefits secured to enhance your professional & personal life and the backing of 3.2 million professionals nationwide. These are some of the benefits of membership:

REPRESENTATION & PROTECTION

- As the exclusive bargaining agent for licensed personnel, CCEA negotiates the contract with the Clark County School District (CCSD).
- But, not only do we negotiate the contract, CCEA protects members' rights by enforcing the contract and CCSD policies and regulations.
- CCEA's knowledgeable staff answers contract questions, represents you in disciplinary meetings & procedures, grievance procedures, and other employment-related matters.
- Your interests in the Nevada Legislature are represented and protected by NSEA's

team of highly experienced lobbyists. At the national level, your interests are represented and protected by NEA's full-time lobbyists.

MEMBER BENEFITS & RESOURCES

- CCEA membership is a tri-level benefit. As a member of CCEA, you are also a member of NSEA and NEA.
- Membership includes a \$1 million liability insurance policy, \$50,000 in accidental death & dismemberment life insurance coverage, and \$150,000 of life insurance if death is due to homicide while actively engaged in your occupation.
- As a member you enjoy a wide array of

member benefits, such as:

- the attorney referral program for non-work related matters;
- special workshops, trainings & seminars to ensure success;
- discounts on a wide array of services and products through CCEA partners & local merchants and discounted tickets to theme parks, movies, and many other attractions;
- discounts from thousands of retailers nationwide through NEA's Click 'N Save program, and discounts on a wide variety of products & services offered through NEA Member Benefits.
- Publications/communications to keep you updated on Association activities.

Membership in CCEA doesn't cost—it pays!

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 Eastside Office • 4275 S. Durban Ave., Suite 100 • Las Vegas, Nevada 89119
 Southeast Office • 500 E. Wendell Ln., Suite 140 • Las Vegas, Nevada 89123
 Centennial Office • 4850 N. Durango Dr., Suite 300 • Las Vegas, Nevada 89149
 Spring Valley Office • 5380 S. Rainbow Blvd., Suite 226 • Las Vegas, Nevada 89118
 Henderson Office • 98 E. Lake Mead Parkway, Suite 305 • Henderson, Nevada 89015

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Teachers Health Trust 2011 Breast Cancer Awareness Campaign

September, October & November

The Teachers Health Trust, in conjunction with Lifesigns, The Breast Center at Sunrise, Nevada Imaging Centers and Steinberg Diagnostic Medical Imaging and the Susan G. Komen Foundation, proudly invites you to join us for the 17th annual Breast Cancer Awareness Campaign.

The campaign is open to all Diamond and Platinum Medical Plan participants and is designed to encourage taking an active role with respect to breast health by obtaining free breast exams and mammograms during the months of September, October and November. You do not need to have a referral during the designated times below. To receive your free exam, follow the simple steps below:

Step One: Call to Schedule Your Appointment

Contact one of the sites below to schedule your appointment for a breast exam and mammogram at no charge to you. A physician will be available to provide you with a referral on-site. You do not need a referral before this appointment.

Steinberg Diagnostic

(702) 732-6000

2767 N. Tenaya Way
Las Vegas, NV 89128

Saturday, September 17 - 7:30 a.m. to 1 p.m.
Saturday, October 1 - 7:30 a.m. to 1 p.m.
Saturday, November 5 - 7:30 a.m. to 1 p.m.

The Breast Center at Sunrise

(702) 784-7870

3006 S. Maryland Pkwy., Suite 250
Las Vegas, NV 89128

Saturday, September 10 - 8 a.m. to 4 p.m.
Saturday, September 24 - 8 a.m. to 4 p.m.
Saturday, October 15 - 8 a.m. to 4 p.m.
Saturday, November 19 - 8 a.m. to 4 p.m.

Lifesigns

(702) 948-0013

9065 S. Pecos Road, Suite 190
Henderson, NV 89074

Saturday, September 10 - 7 a.m. to 1 p.m.
Saturday, September 17 - 7 a.m. to 1 p.m.
Saturday, September 24 - 7 a.m. to 1 p.m.
Saturday, October 1 - 7 a.m. to 1 p.m.
Saturday, October 8 - 7 a.m. to 1 p.m.
Saturday, October 15 - 7 a.m. to 1 p.m.
Saturday, November 5 - 7 a.m. to 1 p.m.
Saturday, November 19 - 7 a.m. to 1 p.m.

Nevada Imaging Centers

(702) 891-9729

5495 S. Rainbow Blvd., Suite 101
Las Vegas, NV 89118

Saturday, October 8 - 8 a.m. to 5 p.m.

The dates & times listed are provided for your convenience. You may still obtain a mammogram with a referral from your physician at the above facilities on dates not listed.

Participants who are aged 40 and older or who have a known family history of breast cancer should obtain an annual mammogram and breast exam. Those who are 20 to 39 years of age should have a physician examine their breasts every three years and should conduct self-exams regularly. Regardless of age, all participants should check their breasts for changes in appearance and sensitivity monthly, preferably seven to 10 days after menstruation. Participants who no longer menstruate should check their breasts the first day of each month.

Step Two: Review Your Test Results

The results of your mammogram will be forwarded to your regular physician. If your results are normal, a notice will be sent to you regarding the test results within two to three weeks from the time your test was performed. If your results are abnormal, you will be contacted by phone and asked to follow up with your regular physician.

For more information about the Breast Cancer Awareness Campaign, contact the Teachers Health Trust Wellness Division at (702) 866-6192 or via e-mail at wellness@teachershealthtrust.org. For more information regarding mammograms or breast exams, log on to the Trust Web site at www.teachershealthtrust.org.

Teachers Health Trust 2011 Breast Cancer Awareness Campaign

September, October & November

The Teachers Health Trust, in conjunction with Mesquite Women's Clinic, Mesa View Regional Hospital and the Susan G. Komen Foundation, proudly invites you to join us for the 17th annual Breast Cancer Awareness Campaign. The campaign is open to all Diamond and Platinum Medical Plan participants and is designed to encourage taking an active role with respect to breast health by obtaining free breast exams and/or mammograms during the months of September, October and November.

In order to better accommodate Trust participants in the Mesquite area, the copayment reimbursement program for breast exams and/or mammograms has been organized with local in-network providers Dr. Ofori at Mesquite Women's Clinic and Desert Radiologists, Mesa View Regional Hospital. In order to receive copayment reimbursement, simply schedule and attend appointments with one or both of these providers.

While you may obtain your breast exam and referral at your regular OB/GYN, the Trust will only reimburse the copayment for visits made to the above two providers.

In order to obtain your free breast exam and/or mammogram, simply follow the steps below:

Step One: Schedule an Appointment with Dr. Edward Ofori at Mesquite Women's Clinic

1301 Bertha Howe Ave., Suite 2, Mesquite, NV 89027, (702) 345-2122.

Step Two: Cut Out and Complete the Coupon Below

Be sure to provide all required information and include your Trust ID number.

Step Three: Take the Coupon to Your Appointment

Take the coupon with you to your breast exam appointment with Dr. Ofori and ask him to complete the information below, including his signature and the date. If needed, Dr. Ofori will provide you with a referral to Desert Radiologists, Mesa View Regional Hospital, for a mammogram.

Step Four: Schedule Mammogram with Desert Radiologists, Mesa View

If Dr. Ofori or your regular OB/GYN have provided you with a referral, call (702) 346-8040 to schedule your appointment with Desert Radiologists, Mesa View Regional Hospital, 1299 Bertha Howe Ave. in Mesquite, NV 89027. Take your coupon with you on the day of your appointment and have the technician complete the mammogram and mammogram date portion of the coupon. If needed to obtain a mammogram, Dr. Ofori will provide you with a referral to Desert Radiologists, Mesa View Regional Hospital.

Step Five: Return the Coupon to the Trust for Reimbursement

Once the coupon is completed, return it to the Trust office, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238, for reimbursement. Once your claim has been received and processed, your copay will be returned to you via mail.

Breast Cancer Awareness Campaign ~ Reimbursement Coupon

Cut out this coupon and take it to the doctor's office with you. Have Dr. Ofori and the radiology technician at Desert Radiologists, Mesa View, complete the information below. Return to the Teachers Health Trust via mail, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238, for reimbursement of your copayment. Coupon must be received by Teachers Health Trust within one year of exam date.

Trust ID #: 0000 _____

Participant Name _____

had a breast exam on _____

Date of Breast Exam _____

Dr. Edward Ofori (please sign) _____

Date _____

Participant Name _____

had a mammogram on _____

Date of Mammogram _____

Radiology Technician (please print) _____

Radiology Technician (please sign) _____

Date _____

You still have the opportunity to take advantage of the Breast Cancer Awareness Campaign dates and times established with the in-network providers in Las Vegas. For a list of available facilities, dates and times, log on to the Trust Web site at www.teachershealthtrust.org.

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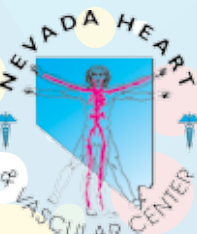


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Teachers Health Trust presents

2011 HEALTH FESTIVAL: JAZZ UP YOUR HEALTH

Saturday, October 22, 2011, 9:00 a.m. - 1:00 p.m. / Cox Pavilion at University of Nevada, Las Vegas (East Tropicana Avenue and Swenson Street)

Hosted by the Teachers Health Trust in conjunction with the Clark County Education Association, the annual Health Festival features health information from providers across the Clark County area. The festival goals are to increase health and wellness knowledge, promote health awareness and help attendees reduce their risk for developing various diseases and chronic conditions by gathering a plethora of prevention information.

HEALTH & WELLNESS

Free Flu Vaccines

All active licensed employees are entitled to a free flu shot. You must show a valid Trust Diamond/Platinum ID card, school picture ID and/or pay stub with photo ID at the time of registration in order to qualify.

- Dependents and guests can obtain flu shots for \$25 per guest.
- Discount coupons will be available to all guests preregistered by an active CCSD-licensed employee eligible for a Trust medical plan at designated preregistration sites. (See *Preregistration for additional information.*)

Glucose & Cholesterol

All active licensed employees are entitled to free glucose and cholesterol screenings with Lab Express. You must show a valid school picture ID and/or pay stub with photo ID at the time of registration to qualify.

- Dependents and guests can obtain glucose and cholesterol screenings for \$10 per test.
- For more accurate results, fasting for 12 hours prior to the test is recommended.

Pneumonia Vaccinations

The pneumonia vaccination will be available on a first-come, first-served basis for \$25 to participants who meet qualifying requirements.

CPR & First Aid Training

CPR Connections will offer CPR/First Aid training sessions. The cost is \$25 per person. Register online today at www.teachershealthtrust.org.

Relaxation & Massage Therapy

Therapists from European School of Massage Therapy will be providing free massages and relaxation therapy sessions. Additionally, chair massages will be offered.

Other Screenings & Services

Sponsors and vendors will be conducting free screenings at their booths. Available screenings include:

- Blood Pressure
- Blood Sugar
- Body Fat Analysis
- Body Mass Index Analysis
- Diabetes Information
- Eyeglass Cleaning & Repair
- Hypertension Screenings
- Leg Screenings
- Life Insurance Consultations
- Medical Massage Therapy
- Money Management Consultations
- Oral Screenings
- Oxygen Intake Screenings
- Postural/Structural Evaluations
- Skin Evaluations
- Sleep Apnea Screenings
- Speech Therapy Evaluations
- Spinal Screenings (EMG/Thermal)
- Vein Consultations
- Vision Screenings
- Weight Loss Program Information

ADDITIONAL SERVICES & ENTERTAINMENT

Fun & Entertainment

In addition, other fun and entertaining services will be hosted at vendor booths, including:

- Cake Walk
- Caricature Painting
- Face Painters
- Fortune Teller
- Live DJ
- Sweet Tomatoes Samples
- Much, much more

Prizes & Giveaways

All active CCSD employees eligible to enroll in a Teachers Health Trust plan will be able to enter the raffle drawing. This year's raffle prizes include:

- Apple iPods
- Bicycle
- CSI: The Experience Tickets
- Dental Whitening
- Designer Eyewear
- Digital Camera
- Electric Toothbrush
- Fitness Gift Set
- Gift Bags/Baskets
- Gym Bags
- Laptop Bag Gift Set
- Picnic Bag
- Portable DVD Player
- Regal Movies Passes
- Retail Gift Cards
- Restaurant Gift Cards
- Sonicare Toothbrush Kit
- Zoom Teeth Whitening

HEALTH FESTIVAL PREREGISTRATION

2011 Dates, Times & Locations

Preregistration provides numerous benefits, including discounted flu vaccinations for your family and early access to all forms needed to obtain vaccinations and screenings during the festival. Additionally, preregistration allows you early access to the festival as well as to separate lines for flu vaccinations, screenings and other services.

To preregister yourself, your family and guests, simply visit us at one of the designated locations during the times and dates listed below. Please remember to review the preregistration requirements below as well to ensure that you will have materials necessary to complete the preregistration process.

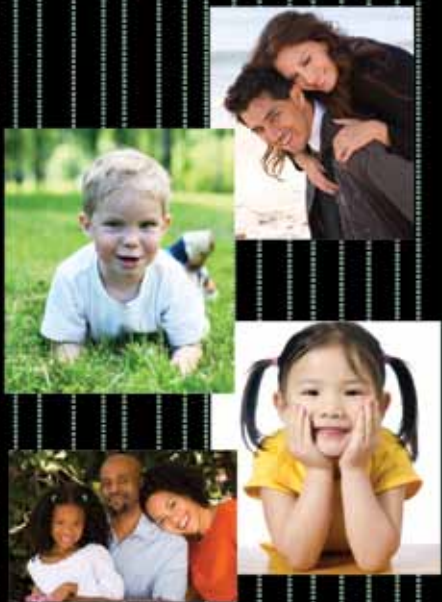
Preregistration Requirements (No Exceptions Will Be Made):

- ♫ You **MUST** have a valid **CCSD picture ID** or **driver's license**.
- ♫ You **MUST** have a **Teachers Health Trust Diamond/Platinum ID card** or **recent paycheck stub**.
- ♫ You **MAY ONLY** preregister yourself and dependents/guests.
- ♫ **All licensed personnel wishing to register must be present!**

2011 PREREGISTRATION SCHEDULE		
LOCATIONS	DATES	TIMES
Teachers Health Trust 2950 E. Rochelle Ave. Las Vegas, NV 89121	Monday, Sept. 26, Tuesday, Sept. 27, and Thursday, Sept. 29	3:00 - 5:00 p.m.
Liberty High School 3700 Liberty Heights Ave. Henderson, NV 89052	Wednesday, Sept. 28	1:15 - 3:30 p.m.
Teachers Health Trust 2950 E. Rochelle Ave. Las Vegas, NV 89121	Monday, Oct. 3, and Thursday, Oct. 6	3:00 - 5:00 p.m.
Thurman White Middle School 1661 Galleria Drive Henderson, NV 89014	Tuesday, Oct. 4	2:00 - 4:00 p.m.
Brian & Teri Cram Middle School 1900 W. Deer Springs Way North Las Vegas, NV 89084	Wednesday, Oct. 5	2:45 - 4:45 p.m.

MORE INFORMATION

For more information regarding the Health Festival or preregistration process, contact the Wellness Division via phone at (702) 866-6192, e-mail us at wellness@teachershealthtrust.org or visit us online at www.teachershealthtrust.org.



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The example below is "broken bone."

BO NE

(1)

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RECORD

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FLABACKSH

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(5)

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See answers on page 28.

PROSTATE CANCER - WHAT YOU SHOULD KNOW

SCREENING - A PERSONAL DECISION

Prostate cancer is the third leading cause of cancer death in Nevada men. Although one in six men will develop prostate cancer in his lifetime, one in 34 will actually die from the disease.

FACTS:

- ✘ Each year almost 2,000 Nevada men will be diagnosed with prostate cancer and more than 200 will die from the disease.
- ✘ Prostate Specific Antigen (PSA) is a protein produced in the prostate gland.
- ✘ The United States Food and Drug Administration (FDA) approved the use of the PSA test together with a Digital Rectal Exam (DRE) to help detect prostate cancer among men age 50 and older.
- ✘ Doctors' recommendations for screening vary.
- ✘ The higher a man's PSA level, the more likely cancer is present; however, there are many possible reasons for the elevated PSA level.
- ✘ The PSA screening test has limitations and remains controversial.
- ✘ Nearly 70 percent of prostate cancers occur in men age 65 and older.
- ✘ Finasteride (Proscar) can reduce the chances of getting prostate cancer.
- ✘ Men age 50 and older covered by Medicare can get a PSA test every 12 months.

RISK FACTORS:

Any man can develop prostate cancer; however, there are known risk factors:

- ✘ Being age 50 or older
- ✘ African-American ancestry
- ✘ Family history of prostate cancer
- ✘ Diet high in animal fats

REDUCING YOUR RISK:

The best ways to lower your risk of prostate cancer are:

- ✘ Eat a colorful variety of fruits and vegetables every day
- ✘ Limit your intake of red and processed meats
- ✘ Eat a diet high in fiber
- ✘ Eat a diet rich in raw or cooked tomatoes, pink grapefruit, and watermelon
- ✘ If you are 55 years old, ask your doctor about taking Finasteride

SCREENING CONSIDERATIONS:

- ✘ There is no specific normal or abnormal PSA level.
- ✘ Generally, a PSA level of less than four is normal; a level of more than 10 is of concern.
- ✘ PSA levels alone cannot distinguish between benign prostate conditions and cancer.
- ✘ One abnormal PSA test does not necessarily indicate a need for further diagnostic tests.
- ✘ Prostate cancer, benign prostate enlargement, inflammation, infection, age and race can all elevate PSA levels.
- ✘ PSA levels that continue to rise over time indicate other tests may be needed.
- ✘ No clear, scientific evidence suggests that the possible benefits of PSA screening (earlier detection of prostate cancer and prevention of death from prostate cancer) outweigh the risks of follow-up diagnostic tests and cancer treatment that include bleeding, infection, inability to control urine and erectile dysfunction.
- ✘ A man should discuss elevated PSA test results with his doctor because most men with such test results do not have cancer.

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Teachers Health Trust's Fifth Annual Prostate Cancer Awareness Campaign

September, October & November 2011

The Teachers Health Trust is proud to announce the fifth annual Prostate Cancer Awareness Campaign. The ongoing campaign is designed to help heighten awareness and encourage prevention of prostate cancer. All male participants enrolled in either the Diamond or Platinum Medical Plan are eligible for a free prostate exam, including a prostate-specific antigen (PSA) test and a digital rectal exam (DRE), during the months of September, October and November. Simply follow the steps below to obtain your free exam:

Step 1: Schedule an Appointment with Your Physician

Contact your in-network physician and schedule an appointment for a prostate exam, including a prostate-specific antigen (PSA) test and digital rectal exam (DRE) during the months of September, October or November.

Step 2: Cut Out and Complete the Coupon Below

Cut out the following coupon and complete your information, including your Trust ID number.

Step 3: Take the Coupon to Your Appointment

Take the coupon below with you to your doctor's appointment. Ask your physician to complete the coupon, including the examination type(s) administered, physician's printed name, signature and date. Coupon may be used only once and only for services rendered during the months of September, October and November.

Step 4: Return the Coupon to the Trust for Reimbursement

Return the completed coupon to the Teachers Health Trust offices, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238. Your office copayment will be reimbursed to you by check via mail.

Prostate Cancer Awareness Campaign
Reimbursement Coupon (effective 09/01/2011 - 11/30/2011)

Cut out this coupon and take it to the doctor's office with you. Have your doctor complete the information below. Return to the Teachers Health Trust via mail, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238, within one year of exam(s) for reimbursement.

Trust ID#: 0000 _____


_____ had the following examination(s) on _____

Participant's Name Date of Examination(s)

Prostate-Specific Antigen (PSA) Test Digital Rectal Examination (DRE)

Physician's Name (please print)

Physician's Signature



Date

For more information regarding the Prostate Cancer Awareness Campaign, contact the Teachers Health Trust Wellness Division at (702) 866-6192 or via e-mail at wellness@teachershealthtrust.org. For more information regarding prostate-specific antigen tests or digital rectal exams, log on to the Trust Web site at www.teachershealthtrust.org.

IMPORTANT DATES TO MARK ON YOUR CALENDAR

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 - Prostate Cancer Awareness Campaign (PCAC) begins.	2	3
4	5 - Labor Day: Trust office closed.	6	7	8	9	10 - Breast Cancer Awareness Campaign (BCAC) begins.
11	12	13	14	15	16	17 - BCAC Campaign date.
18	19	20	21	22	23	24 - BCAC Campaign date.
25	26 - 2011 Health Festival Preregistration at Trust. (3:00 - 5:00 p.m.)	27 - 2011 Health Festival Preregistration at Trust. (3:00 - 5:00 p.m.)	28 - 2011 Health Festival Preregistration at Liberty H.S. (1:15 - 3:30 p.m.)	29 - 2011 Health Festival Preregistration at Trust. (3:00 - 5:00 p.m.)	30	

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 - BCAC Campaign date.
2	3 - 2011 Health Festival Preregistration at Trust. (3:00 - 5:00 p.m.)	4 - 2011 Health Festival Preregistration at Thurman White M.S. (3:00 - 5:00 p.m.)	5 - 2011 Health Festival Preregistration at Cram M.S. (2:45 - 4:45 p.m.)	6 - 2011 Health Festival Preregistration at Trust. (3:00 - 5:00 p.m.)	7	8 - BCAC Campaign date.
9	10	11	12	13	14	15 - BCAC Campaign date.
16	17	18	19	20	21	22 - 2011 Health Festival.
23	24	25	26	27	28 - Nevada Day: Trust office closed.	29
30	31 - Open Enrollment begins for THT.					

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 - BCAC Campaign date.
6	7	8	9	10	11 - Veterans Day: Trust office closed.	12
13	14	15	16	17	18	19 - Breast Cancer Awareness Campaign (BCAC) ends.
20	21	22	23 - Thanksgiving Holiday: Trust office closing at 11 a.m.	24 - Thanksgiving Holiday: Trust office closed.	25 - Thanksgiving Holiday: Trust office closed.	26
27	28	29	30 - Prostate Cancer Awareness Campaign (PCAC) ends./Open Enrollment ends for THT.			

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 - Winter Holiday: Trust office closing at 11 a.m.	23 - Winter Holiday: Trust office closed.	24
25	26	27	28	29	30	31
Winter Holiday: Trust office closed.						

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YOU MUST FILE A REPORT ON ALL INJURIES AND/OR ILLNESSES INCURRED AT WORK WITHIN SEVEN DAYS!

Claims resulting from work-related injuries must be filed through your Workers' Compensation carrier, not the Teachers Health Trust. This includes, but is not limited to, coaching injuries, environmental illnesses, etc.

If you are injured on the job, the Clark County School District (CCSD) and the State of Nevada require that you submit a written Notice of Injury or Occupational Disease (Form C-1) within seven (7) days of the incident.

If a timely-filed claim and all permissible appeals (including court reviews) are denied as not being work-related, the Trust will review your claims for payment. The Trust will not consider claims if Workers' Compensation denied them because you failed to file your claims in a timely manner.

Regardless of the severity or type, any injury or illness sustained on the job should be submitted to Workers' Compensation. Notify your administrator immediately and then call the School District's Risk Management office at 702-799-2967.



STRESS AND WEIGHT LOSS

Before starting a weight loss program, determine whether you're in a vicious cycle of weight gain due to stress.

Stress is caused by mental or physiological conditions. The mental conditions include anxiety, depression, overworking, financial difficulties and daily decision making. The physiological stress is caused by excessive exercise, lack of sleep, poor macro-nutrition, inadequate micro-nutrients or a hormonal imbalance. The macro-nutritional status consists of your daily dietary intake of proteins, fats, carbohydrates and vegetables. The micro-nutrient status consist of vitamins and minerals in particular a multivitamin, vitamin C, vitamin B, Magnesium, and Calcium. Hormones are a substance found in tiny amounts released from the brain or other glands. They travel to other organs, carrying a message to regulate their function. In particular, the cortisol hormone prepares the body to handle stress and if it stays active (in abundance) for a long period of time the end result is destruction and weight gain.

Our body responds to any type of stress in the same manner. It will increase our cortisol levels to prepare us for a fight against the stressor or a flight (run) from the stressor. Upon early morning awakening our cortisol levels are high preparing us for the day. However, the levels should decrease naturally, as the evening comes allowing us to rest and eventually sleep. If the stress is continual, it puts our body in the state of emergency all day, or in other words the cortisol level does not fall.

High cortisol levels increase the blood pressure and stops the appetite immediately. Then later it causes a surge in the appetite for carbohydrates

(hunger). The goal of cortisol is to provide extra blood flow and nutrients to the muscles, getting them ready to fight or flight. In doing this the appetite increases for carbohydrates and the storage of fats for future energy.



Stress also occurs when your micro-nutrient status is low. Vitamin C acts as an anti-oxidant improving the immune system thus reducing the negative effects of stress. The B vitamins maintain the nerves and heart muscle and they break down food for energy. Calcium is a mineral that aides in

blood pressure control and healthy bones. Stress will typically increase one's blood pressure and it will, via elevated cortisol, rob the bone of its calcium. Magnesium is a mineral that is considered a "powerhouse" because it functions to support our nerves, regulate temperature and muscle function and aides in the formation of bone. Adequate micro-nutrition will lessen the effects of anxiety or stress.

In summary, stress can cause obesity and vice versa. Both stress and obesity will cause further health problems including but not limited to: diabetes (destruction of your insulin action; therefore resulting in high quantities of sugar in the blood); cardiovascular disease (heart and blood vessel damage due to higher levels of cholesterol fat circulation); hypertension (elevated blood pressure); allergies and other inflammatory diseases (lupus and fibromyalgia) and depression.

Realize and change your "stress status" prior to any weight loss program. Insure adequate dietary intake or vitamin/minerals. Be sure to rest, exercise, stay hydrated and adopt a method to relieve life's daily "throws."

*Charlezetta Roberson, PA-C
Park Hill Family Practice*

GETTING PREPARED FOR FLU SEASON

Flu season is upon us once again, and the Trust is urging all participants to attend the 2011 Health Festival in order to get their vaccination. Influenza is contagious, affects the lungs and can lead to more serious illnesses such as pneumonia. Young children, older people, pregnant women and those with certain chronic conditions such as diabetes, asthma and/or heart disease should be sure to be vaccinated annually as they are at increased risk of serious flu-related complications. That being said, even younger, healthy people are at risk of illness that may result in missed work, school or hospitalization.

The Center for Disease Control recommends that everyone six months of age and older receive a flu vaccination as the primary protection from the virus. Getting the flu vaccine early each flu season is optimal since the vaccine will last throughout the flu season. While there are numerous different and variant strains of flu viruses; each year, the vaccine produced is created to protect against the three predominant strains of the current flu season.

Yes, flu viruses can change from one season to the next or even within the course of one season. This may sometimes result in a less than optimal match between the viruses within the vaccine and those currently circulating. Nonetheless, even when the vaccine is not an optimal match, receiving the flu vaccine is the best protection from influenza since antibodies made to respond to one strain can provide protection against other related strains. For these reasons, even during seasons when there is a less than ideal match, CDC continues to recommend flu vaccination, especially for those at high risk.

One of the primary goals of the annual Health Festival is to ensure that our participants and their dependents have a date and location where they can all easily receive their annual flu vaccination. We highly urge you to join us on October 22, 2011 at Cox Pavilion to ensure you're prepared for flu season.

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KIDS KORNER ASK THE EYE DOC

How young is too young to get contacts?

Dr. Michelle Calder-Cardwell is the owner and lead optometrist at Urban Optiques Vision & Eyewear in Northville, MI.

Q. My 10-year-old daughter wants to switch from glasses to contacts. Do you think she's too young?

A. You may be surprised to learn that many doctors regularly prescribe contacts to children as young as 8 to 10 years old. While this is a big decision for you and your daughter, her age isn't the only thing you should consider.

First, you should evaluate how mature she is. To prevent dangerous eye infections, your daughter will need to regularly clean her contact lenses and case. If she already practices good hygiene habits and is generally responsible, she's on the right path.

Next, find out why she wants to wear contact lenses. Some kids find that their glasses interfere when they participate in sports and contacts are a good solution. Then, there's the whole cool factor. As they get older, many kids, especially girls, become self-conscious about how they look. They think ditching their glasses will make them fit in. If the child is very motivated to wear contacts, is mature for her age, and is comfortable with touching her eyes, she may be a successful contact lens wearer at a young age. If the mom or dad has been wearing contacts for a long time then the success rate is higher when a parent assists the child with putting in and taking the contacts out.

Whatever her reason, if your 10-year-old is motivated and mature enough to take good care of her contacts, she may be a good candidate.

If you decide to move forward, the next step is to schedule a contact lens fitting with your VSP doctor. During the appointment, the doctor will discuss fitting contacts on the child and make recommendations to the parents based on the above factors. If everyone is comfortable with proceeding with the contact lens fitting, she'll be fitted for the correct lenses and the doctor will explain everything she needs to know about wearing and caring for contact lenses.

For more information, check out Caring for Contacts on The Center.

The content of this article is for general informational awareness purposes only. Please consult your eyecare doctor or physician for actual advice.

Kids Korner is designed with the health of your students in mind. Do you have an upcoming event focused on kids' health and fitness that you would like to get the word out about? Do you have a program that implements healthy habits at your school that you would like to share with others? Send the details along with your name, school and contact information to Brenda Kelley at bkelly@teachershealthtrust.org, and you may see your ideas in the next *Health Traxx* issue!

2011 Back-to-School Immunization Workshop

The 2011 Back-to-School Immunization Workshop was held at the Trust on Wednesday, August 17. When comparing to the inaugural event back in Fall of 2009, the third year shows a continuing and steady increase to the number of dependents in attendance. This is a trend we hope will continue as more participants become aware of how quick and easy the process here at Trust proves to be.

This year, the Trust in conjunction with the Wellness Group, administered immunizations to 57 school-aged dependents. The Trust would like to thank our partner as well as all those who joined us for the workshop.

We would like to wish luck to all the brave young men and women who braved their immunizations for the upcoming school year.



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William Froman



Chaparral High School

Coach Froman is busily preparing for a new year at a new school (Chaparral H.S.). Prior to this year, though, you would have found him at Global Community H.S. where he developed a program aimed at helping students find a sense of belonging and purpose while improving their physical health.

When he began at Global, he wanted to implement a program that would bring his students together and provide a greater goal for them to work towards. In order to achieve this goal, he decided to create an athletic weightlifting program.

With no equipment, he reached out to the community and found organizations and individuals who believed in his goal. He is quick to point out that the program had little chance of realization without the faith of his principal and the assistance of Silver State Steel and ESI. Fortunately, his drive along with a little help brought the program to life.

Since launching the program, William has helped to steer the school to eight national weightlifting championships and three tournament records. Additionally, two of his lifters have earned collegiate scholarships.

The development of a consistently champion-level program would be considered outstanding at any school, but it is awe-inspiring when you take into account that Global is a school consisting of only 200 students.

When asked what advice he had for his peers, William modestly stated that he had little room to give advice. He did, though, have this to say about developing a health-conscious and goal-oriented program, "You can't just lay out a plan and think it will work. These kids are diamonds in the rough and just need a reason to show up."

Whether he will take credit for it or not, the Trust salutes William for his dedication to the physical and mental health of his students and happy to dub him another one of the CCSD's heroes.

*Philip A. DiGiacomo, Contributor
Teachers Health Trust*

H.E.R.O.S. highlights outstanding CCSD-licensed employees or employee groups who have achieved excellence by being healthy educators. Healthy educator(s) can be a person or group who has won a competition; led a non-profit local or national health organization; developed a healthy policy, curriculum, program or wellness initiative at a worksite or in the community; achieved a drug-free nutrition or weight loss goal with before-and-after results; or made health-related strides in spite of a health condition. To nominate a licensed employee or group for H.E.R.O.S., contact Brenda Kelley at bkelly@teachershealthtrust.org.

FOCUS on the FACTS

Q: Is hair loss normal, what causes it and how can I treat it?

A: Hair loss is both normal and quite common. In fact, the average person loses up to 100 hairs a day. Of course, if excessive hair loss runs in your family, you could lose a lot more hair. In the case of hereditary hair loss, men may develop bald spots while women may find the hair on the top of the head is slowly thinning. About 50% of all people have this type of hair loss by around age 50. Additionally, factors such as disease, medications and/or various medical treatments may contribute to hair loss greater than that which is normal.

While there are many more factors and causes of hair loss than listed here, some of the more common include:

- Heredity
- Stress
- Chemotherapy
- Self-inflicted Damage (pulling hair back too tightly, tight braids, ponytails, or excessing use of curling irons or dyes)
- Age
- Poor diet (especially insufficient protein or iron)
- Thyroid diseases
- Ringworm of the scalp

The type and effectiveness of treatments for hair loss vary greatly by the cause and the individual. Hereditary hair loss is often treated with medication or surgery (such as hair transplants). In the case of hereditary loss, treatment may help grow some, though not all, hair back or prevent further loss. Hair loss caused by factors within your control (stress, medications, diet) can often be treated easily by addressing the root cause. The most important thing to remember is that, in and of itself, hair loss poses little or no health risk to you.

NUTRITION LABELS 101

Eating healthy is an easy goal to achieve. Embracing healthy food choices and being mindful of what you are eating by checking the nutritional facts along with 30 minutes of moderate intensity of aerobic exercise can lead the way to a healthier lifestyle.

WHAT YOU WANT.

The first step is knowing which to choose: healthy or not healthy. Pick items that are low in sodium, fat, sugar. Also, try to keep away from fried or processed foods as much as possible. Prepare foods by baking instead of frying. Choose the whole grain/wheat bread, as opposed to white bread. These small choices create big steps toward eating a healthier diet.

GET THE FACTS...

Becoming aware of what you are eating is the second step. By looking at the Nutritional Facts, it will help you understand which nutrients are in the foods and determine how much of the food to be eating.

1. START HERE.

This section lets you know the size of a single serving and how many servings are in the package. This also helps you to understand portion control.

2. CALORIES PER SERVING.

Looking at how many calories are in each serving will let you know how many calories you are actually consuming. Keeping an eye out for these numbers will help you limit the amount of calories you want to consume.

3. LIMIT THESE.

Remember to keep your total fat to less than 56-78 grams/day; less than 16 grams/day of saturated fat; less than 2 grams of trans fat/day; less than 1500mg of sodium a day, and less than 300mg of cholesterol a day for a 2,000 calorie diet.

4. GOOD NUTRIENTS.

These are the nutrients that you want. Be sure to get 100% of fiber, vitamins, and other nutrients you need every day.

5. DAILY VALUE.

The %DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. Your daily value may vary depending on your calorie needs. This is a guide to help you consume foods that are either higher or lower of the %DV.

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 6%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 3. Back in a flash 4. He's on to something
 5. Easy to use

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