

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Summer 2011 Volume 10, Issue 2

For Teachers by Teachers



2011 WellFit for Life & Best Weigh to Go
Winners Showcase

p. 10

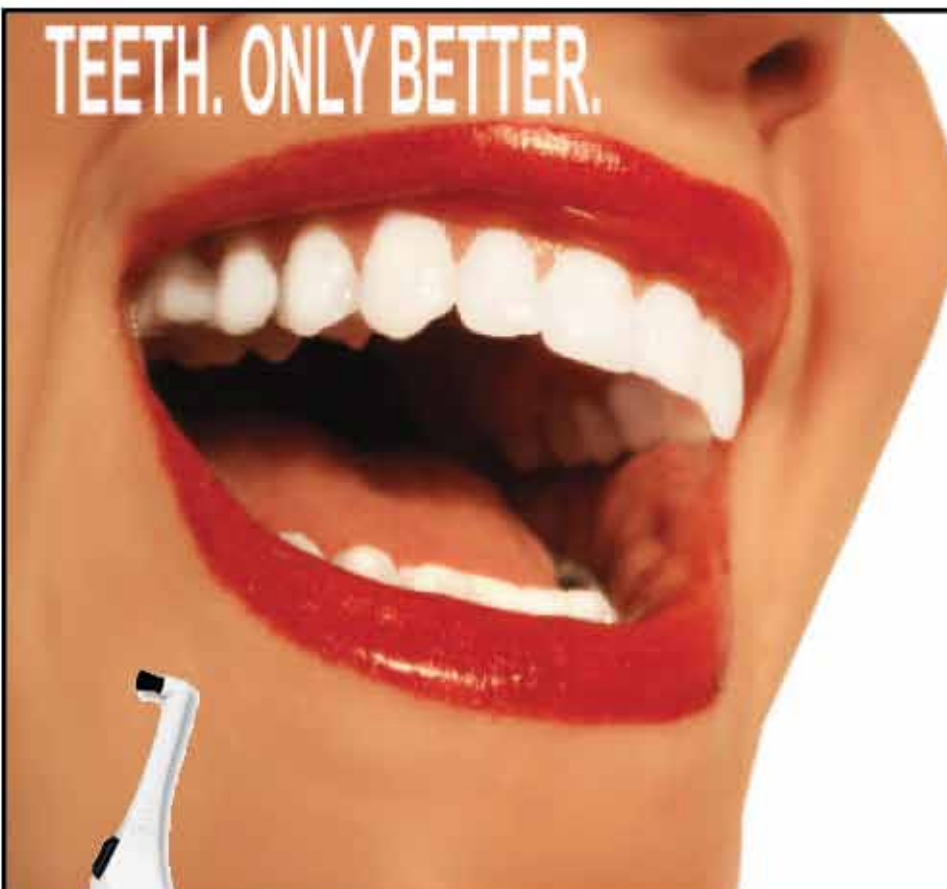


Hepatitis B Awareness
Things You Should Know

p. 6

Who's Sharing in the Cost of Trust Programs & Events, Page 8

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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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A MESSAGE FROM THE CEO

For you die-hard Bob Dylan aficionados, pay attention to the lyrics: "For the times they are a changing." These lyrics were written in the latter part of 1963, shortly before the assassination of JFK. Many of you were not alive then, but those of us who were remember vividly the turmoil of the '60s. It is now 48 years later and the times are a changing once again and not necessarily for the good of mankind (especially educators). The upcoming negotiations with CCSD will undoubtedly focus on your compensation package, which includes your health insurance. CCSD has already made known its intention to pass on the cost of part of this benefit to all of you. By the time this edition of *Health Traxx* is published and mailed, there may be some finality to the current madness in Carson City, but my eternal optimism does not stretch that far.

Your Health Trust is under attack – make no mistake about it. CCSD is looking at other alternatives for your health insurance: hint – lower costs and lower benefits administered by some other insurance company that may not even have its main offices here. You will be another anonymous number in a pool of hundreds of thousands or even millions of other individuals, without easy access to local service representatives or to management. Assuming that the Health Trust survives this attack, and I pledge that I will do everything in my power to see that happen, it will not be adequately funded since it has not received a premium increase from the CCSD for 3 years, despite the continually increasing health care costs, and is not likely to receive another one in the foreseeable future. The last premium increase for dependents was in 2002. Once the contract negotiations have been completed, and if the Health Trust is still your source of benefits, the Board of Trustees will have to take a hard and realistic look at what your benefits will look like in the context of the funds that will be received from CCSD. These are difficult decisions that will have to be made, but it is time to face the realities of the economic climate in Las Vegas, especially as it pertains to the K-12 realm.

Where do we go from here? This is your health plan and I need your support if it is going to continue to provide benefits for you in the future. Your voice needs to be heard in the legislature and in halls of the CCSD administration. The powers that control the funding need to know how much the Health Trust means to you and your family and how much the personal service and understanding that I try to instill in my staff means to your well-being during those times when you need assurance that your medical needs will be taken care of and paid for. Yes, the times they are a changing and Yogi Berra (whom I often quote) had a very germane observation to those changes: "The future ain't what it used to be."

Sincerely,

Chief Executive Officer
May 2011

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On the Cover
HEALTH TRAXX
 August 2011 - Volume 10, Issue 7
 For Summer Practitioners

The results are in and ready for your viewing pleasure. Be sure to visit pages 10-13 to see all of the winners for this year's WellFit for Life and Best Weigh to Go programs.

Also, learn more about how the Trust offsets the cost for its many programs and events, such as WellFit for Life and the annual Health Festival by turning to page 8.

Trust Tidbits

Find Your Subscriber ID#, Win \$25.00



We will continue to offer one lucky reader the chance to win \$25.00 each issue. For your chance to win, find the *Health Traxx* \$25 bill (sample shown above). 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.

Safely Taking Off Pounds Medical Weight Management Program

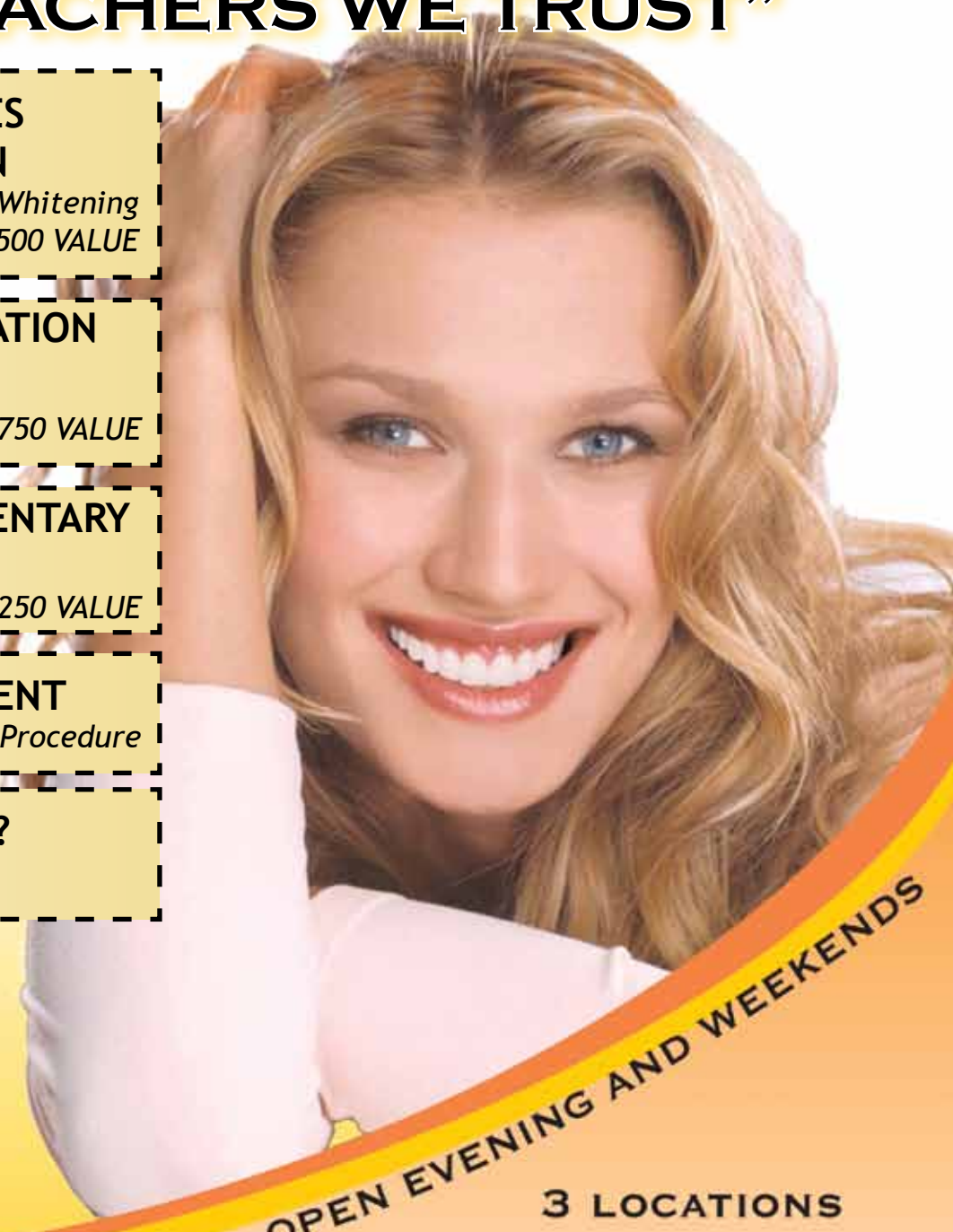
The S.T.O.P. Program is now open to all participants and eligible dependents. S.T.O.P. has been specifically designed with our participants in mind. A selection of providers utilizing different methodologies, tools and resources have been chosen in order to allow our participants to approach weight loss in a manner optimal to their goals and needs. This program is open to all participants and/or their eligible dependents enrolled in a Diamond, Platinum or Retiree medical plan. Online enrollment at www.teachershealthtrust.org is required prior to scheduling an appointment. For more information, visit www.teachershealthtrust.org today or contact the Wellness Division via phone at 702-866-6192 or e-mail at wellness@teachershealthtrust.org.

Upcoming Office Closures

The Teachers Health Trust will be closed on Monday, July 4th in observance of Independence Day. The Trust will resume normal business hours on Tuesday, July 5th.

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Hepatitis B: Things You Should Know

Be sure. Be Tested. Be Hep B Free. A Message from HepBFreeLasVegas

Hepatitis B is a serious liver disease caused by an infection with the hepatitis B virus. The infection becomes chronic or long term when the body cannot fight off the virus. Over time, chronic hepatitis B can cause serious liver damage, including cirrhosis, hepatocellular carcinoma and end-stage liver failure. Without appropriate monitoring or treatment, 1 in 4 of those with chronic hepatitis B will die of liver cancer or liver failure.

Worldwide, 370-400 million people (1 in 20) have chronic HBV infection. Chronic hepatitis B is second only to smoking tobacco in causing the most cancer deaths in the world. Sixty to eighty percent of all primary liver cancer worldwide is caused by hepatitis B.

Anyone can get chronic hepatitis B. The virus is spread through direct contact with infected blood (e.g., when you share toothbrushes, razors, needles) or bodily fluids, such as semen or vaginal fluid. It is not a genetic or hereditary disease. Nor is it spread through breast-feeding, kissing, coughing or sharing food.

Chronic hepatitis B is common in regions of the world, such as Asia, where screening and vaccination programs are not routinely performed. In these regions, the virus is spread unknowingly from one person to another. In fact, one of the most common ways the virus is spread is during the birthing process when an infected mother unknowingly passes the virus on to her newborn baby.

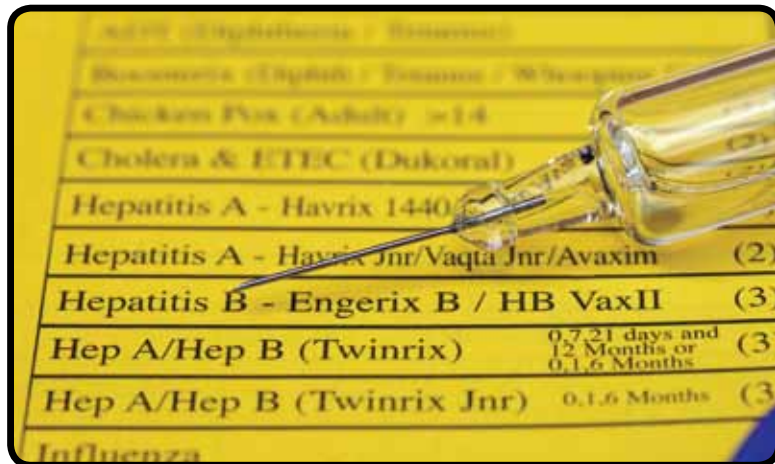
In the U.S., an estimated 1.2 million people are living with chronic hepatitis B and over 60% are Asian or Pacific Islander (API) Americans, many of whom were infected at birth. Most of them are unaware of it because they do not experience any symptoms and their blood tests for liver function may be normal. Chronic hepatitis B is one of the largest racial/ethnic health disparities in the U.S. Approximately 10% of foreign-born APIs have chronic hepatitis B, compared with less than 0.5% of the general U.S. population and less than 0.2% of non-Hispanic whites.

Diagnosis of chronic hepatitis B can be made only with a specific blood test for hepatitis B surface antigen (HBsAg). Similarly, the only way to ensure that someone is protected against hepatitis B is with a specific blood test for hepatitis B surface antibody (anti-HBs).

Hepatitis B is preventable with a vaccine that has been available for over 20 years. The 3-shot hepatitis B vaccine can potentially provide lifelong protection from HBV infection. The hepatitis B vaccine is so effective in preventing HBV and liver cancer that the World Health Organization referred to it as the "first anti-cancer vaccine."

However, the vaccine provides no protection if you are already infected with the virus. Hence, getting tested for hepatitis B surface antigen (HBsAg) is critical.

Early detection of chronic hepatitis B and appropriate medical care may help reduce the risk of serious liver damage. Safe and effective treatments are available to help reduce the risk of disease progression. Talk to your doctor about hepatitis B.



References

Asian Liver Center at Stanford University www.liver.stanford.edu
 San Francisco Hep B Free www.sfhepbfree.org
 Centers for Disease Control and Prevention www.cdc.gov/ncidod/diseases/hepatitis/b
 World Health Organization www.who.int/csr/disease/hepatitis/en
 U.S. Department of Health & Human Services <http://minorityhealth.hhs.gov/templates/content.aspx?ID=7240&lvl=2&lvlid=190>

This message is brought to you by HepBFreeLasVegas, a community initiative dedicated to reducing hepatitis B caused liver cancer in Asians and Pacific Islanders living in Southern Nevada. We are doing this by coordinating culturally and linguistically appropriate outreach and education programs with efforts that promote routine screening of people at risk and immunization of those who need it, and for those with chronic hepatitis B, with efforts that link them to appropriate resources and a system of health care delivery. Our coalition partners include the Asian Chamber of Commerce Foundation, the Southern Nevada Health District, the Philippine Medical Association Nevada, the Philippine Nurses Association Nevada, the Medical Reserve Corps, Volunteers in Medicine Southern Nevada, Clinical Pathology Laboratories, Clinics in Schools and the UNLV Student Health Services. For more information, contact Aurora Wong, Coordinator, HepBFreeLasVegas, at awong@nvaccf.org.

FOCUS on the FACTS

Q: INQUIRY: The Trust seems to place an emphasis on programs that promote exercise and general physical activity. Aside from weight loss, what other benefits are there to fitness activities?

A: **Physical Activity Improves Quality of Life**
 Do you want to add years to your life? Or life to your years? The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are almost as good as one 30-minute session. This is achievable. Physical activity may also help encourage you to spend some time outdoors. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.

Physical Activity Is Proven to Improve Both Mental and Physical Health

Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine.

Exercise increases the flow of oxygen which directly effects the brain. Your mental acuity and memory can be improved with physical activity.

Stronger Immunity: It enhances your immune system and decreases the risk of developing disease such as cancer and heart diseases.

Reduce Risk factors: It can lower your blood pressure and boost your levels of good cholesterol.

Physical Activity Prolongs Your Optimal Health

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about 2 hours of additional life expectancy, even if you don't start until middle age. Moderate exercise for as little as 30 minutes a day has the proven health benefits listed above as well as:

- Improve blood circulation - Increase muscle strength
- Keeps weight under control - Releases tension
- Improves blood cholesterol levels - Counters anxiety and depression
- Prevents and manages high blood pressure - Improves self-image
- Prevents bone loss - Boosts energy level
- Promotes enthusiasm and optimism

Reprinted with permission of the American Heart Association of Las Vegas, www.heart.org



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.



Who's Sharing in the Cost of Trust Program & Events?

The past few years have taught us all that we must always employ a keen and frugal approach to choosing our expenditures. The current financial crisis has resulted in most individuals and organizations making painful cuts to funding for resources, programs and events that we both want and need. These cuts have made us much more observant in respect to how organizations utilize the money we pay to them.

The new financial reality we all face may have caused you to question where funding comes from for the Trust's programs and events. Given the numerous large-scale events the Trust sponsors annually, we cannot blame you for wanting an answer. For this reason, the Trust would like to make sure our participants fully understand how we maintain the size and quality of these many events and programs.

The Trust mostly relies on six funding strategies to help ensure we are able to consistently maintain the quality and scale of our programs and events: Partnerships, Donations, Event Sponsorship, Not-for-Profit Status, Grants and Utilization of Existing Benefits. Throughout the recession, these six strategies have allowed us to continue delivery of many benefits that demonstrate the unique nature of the Trust.

Partnerships

Partnership is the primary and most effective strategy utilized. The fact of the matter is that we simply could not sponsor many of our events and programs without financial and supportive assistance from our partners. This is why we consistently seek out new partners as well as develop new ways our partners can assist us in order to garner the greatest benefit for our participants. These partnerships continuously work because our partners understand that investing in the educational community is also an investment in their own longevity.

A prime example of an ongoing partnership that has directly and positively impacted our programs and events can be found with Medco Health Solutions®. Medco has consistently joined us as a backing financial partner for the Health Festival for numerous years. Without their assistance, as well as our other partners, the Trust simply could not continue to expand existing programs while developing new ones.



Donations

The second key strategy used to offset cost is donations. Prior to every event and program, the Trust sends out thousands of donation requests. We outline what we are preparing for and how any donations received will be utilized to enhance the experience for our teachers and their families. It never ceases to amaze us how consistently generous our donors can be. Furthermore, this practice illustrates how many businesses consider the educational community to be a key component of success.

For a perfect example of this generosity, look no further than the WellFit for Life Kickoff. Those who attend will find a plethora of raffle prizes and healthy

snacks available for free. Raffle prizes received are free and passed on to our participants. Also, if you ever enjoyed a nutritional bar, fresh fruit or quenched your thirst with bottled water at this event, then you have first-hand experience with how organizations such as Atkins, Sunflower Market or Ocean Spray support the community.

Event Sponsorship

When it comes to large events, such as the Health Festival, the most significant strategy for shared cost is found in event sponsorship. Each year, providers, food and retail organizations that wish to have a booth at our events pay for the privilege. The cost for these vendors is tiered and various perks and incentives are added at each tier.

The advent of this strategy some years ago allowed the Trust to expand from school gymnasiums to venues such as Cox Pavilion. This strategy also enables us to maintain the grandeur of the events at no expense to participants. Sponsorship also allows us to maintain the event without utilizing any premium-based funding, a fact that we hope comes as a great relief to our fiscally-conscious readers.

Event sponsorship provides benefits for both participants and sponsors. Our participants receive free products and services while our sponsors are provided the chance to demonstrate their abilities to thousands of people at one place. These benefits have proven strong enough that many sponsors are now entering their fifth or better year attending our events.

Not-for-Profit Status

The Trust strategically uses its non-profit status as means to offset costs. In addition to the numerous ways that this status allows the Trust to maintain overall costs, it also enables access to numerous discounts reserved for not-

for-profit organizations. We have been consistently able to rent the venues at a discount of 10% or better.

Grants

At the heart of all Trust events and programs is the desire to help participants lead healthier lives. This often aligns us with like-minded organizations' missions. Whenever possible, the Trust applies for grants with organizations that share this desire.

All of our participants who have taken advantage of the annual Breast Cancer Awareness Campaign have benefitted from this practice when they receive their resources packet upon completion of their appointment. In this case, these materials are purchased with grant money kindly provided to us by the Susan G. Komen Foundation.

Utilizing Existing Benefits

The Trust's easiest and most readily available strategy is to incorporate benefits already included in your plan. By negotiating with a provider to make a service available to a large number of our participants at once, we are often able to waive copayments or negotiate a mass purchase of vaccinations, as we do with our annual Back-to-School Immunization Workshop.

Power of Participation

The Trust will continue to use these strategies to bring you an ongoing and ever-expanding array of programs and events that assist you and your family in living healthier, happier lives. There is one component that we have little control over but plays the largest role, participation. Regardless of strategic

funding efforts, our ability to negotiate prices and attract sponsors relies on your participation.

The Trust will continue to work diligently to provide you with the best programs possible; however, we are unable to endure all of the expenses acquired without the financial assistance and support of our partners, sponsors and vendors. There is a large amount of time and effort put into every program and event, each generated in hope of benefitting our participants.

This is why your participation is vital. Lack of participation may cause our partners and sponsors to be less apt to participate. We can deliver an immense impact through participation numbers, so make sure to mark your calendars for all Trust events and programs.

*Philip A. DiGiacomo, Contributor
Teachers Health Trust*

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2011 WellFit for Life: Individual Winners




Kathleen Black
Snyder E.S.
Novice Division
54.13 miles




Michele Maloney
Berkeley L. Bunker E.S.
Advanced Division
312.42 miles




Quint Olsen
Brian & Teri Cram M.S.
Intermediate Division
252.67 miles




Amanda Walsh
Durango H.S.
Intermediate Division
297.69 miles




Deborah Dickinson
Snyder E.S.
Novice Division
74.08 miles




Julie Maziarz
Theron & Naomi E. Goynes E.S.
Advanced Division
432.03 miles




Dawn Borjas
Roy Martin M.S.
Advanced Division
505.75 miles




Anita Khanna
Durango H.S.
Advanced Division
442.76 miles




Amanda Massy
Snyder E.S.
Novice Division
74.88 miles




Sheila Portillo
Cynthia Cunningham E.S.
Advanced Division
323.44 miles




Kevin Ferre
Brian & Teri Cram M.S.
Advanced Division
436 miles




Dena Trees
Foothills H.S.
Advanced Division
411.2 miles




Patricia Murdock
Snyder E.S.
Novice Division
66.25 miles




Barbara Naftal
Laura Dearing E.S.
Extreme Division
1161.64 miles




Eugene Fife Jr.
Barbara & Hank Greenspun M.S.
Advanced Division
292.85 miles




Diane Fischer
Visually HDCP
Intermediate Division
97.17 miles



Billiesue Mitchell
Lincoln E.S.
Intermediate Division
296.65 miles




Teresa Dodski
Brian & Teri Cram M.S.
Novice Division
70.83 miles




Kimberly Jefferson
Thurman White M.S.
Extreme Division
924.27 miles




Patricia Arting
Area I Service Center
Advanced Division
413.58 miles




Caroline Northrup
William Moore E.S.
Intermediate Division
300.18 miles




Melissa Eickholt
Brian & Teri Cram M.S.
Novice Division
71.25 miles




Thomas Bartling
Durango H.S.
Novice Division
75.23 miles




Lisa Smith
Variety
Advanced Division
402.61 miles




Rebecca Petrimoulx
Berkeley L. Bunker E.S.
Intermediate Division
290.89 miles




Regina Heatt
Clifford Lawrence JHS
Novice Division
72.39 miles




Jennifer Hawthorne
Durango H.S.
Novice Division
73.2 miles




Robert Swift
Variety
Extreme Division
1321.24 miles



Kathleen Richter
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Intermediate Division
290.53 miles



Scott Carter
Thurman White M.S.
Intermediate Division
300.33 miles



Mark Jensen
Palo Verde H.S.
Intermediate Division
299.9 miles



Not Pictured
Jessica Pistilla, Escobedo M.S.
Joann Moore, Visually HDCP
Mary Fuller, Teachers Health Trust

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.



Division Winners Best Weigh to Go Winners

Elementary School

William Snyder, Eva Wolfe

Berkeley L. Bunker, C.H. Decker

Middle School

Brian & Teri Cram, Clifford Lawrence

& Edmundo Escodebo

High School

Durango & Palo Verde

Special School

Variety

Licensed Department

Visually HDCP

Worksite Breakfast

Durango

Lifetime Achievement Award

Shelly Lyn Marshall

Primeras
Maggie Lee Carlton & Shelly Lyn Marshall
Lost 66 Pounds (18.23%)

Chammoli 5
Raymond Affejo & Dena Trees
Lost 66 Pounds (15.71%)

Mills Crew
Jessica Mills & John Mills
Lost 62 Pounds (14.09%)

Kids Korner

2011 Back-to-School Immunization Workshop

Participants with school-aged children in need of annual immunizations should be sure to mark their calendars for the 2011 Back-to-School Immunization Workshop. The Teachers Health Trust has partnered with the Wellness Group to host this important workshop for all eligible dependents on Wednesday, August 17, 2011. Space is limited, so participants must RSVP for this workshop to attend. Online RSVP begins Monday, June 6, 2011. **Parents are strongly encouraged to fax copies of immunization records to the Trust prior to the workshop. Additionally, parents should bring hard copies of records with them on the day of the workshop.**



Date:	Wednesday, August 17, 2011
Time:	10:00 a.m. - 2:00 p.m.
Location:	Teachers Health Trust Sedway Room 2950 E. Rochelle Ave. Las Vegas, NV 89121
RSVP:	www.teachershealthtrust.org
Contact:	Phone: (702) 866-6192 Toll-free: (800) 432-5859 Fax: (702) 794-2093 wellness@teachershealthtrust.org

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!

ATTENTION ALL PARTICIPANTS

Be sure to mark your calendar



16TH ANNUAL HEALTH FESTIVAL

Saturday, October 22, 2011/9:00 a.m. - 1:00 p.m.

Cox Pavilion at University of Nevada, Las Vegas

Hosted by the Teachers Health Trust in conjunction with the Clark County School District and 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 or chronic conditions through prevention information and activities.



MENTAL MUSCLE EXPRESS



Boost your brain power by solving these puzzles. See if you can uncover the meaning in these words, letters, symbols and positions. Each puzzle represents a common word, phrase, expression, person or place.

The example below is "broken bone."

BO NE

(1)



(2)

HEADER
HEADER

(3)

NOMMAG

(4)

BAN ANA

(5)

POLKA

See answers on page 20.

H.E.R.O.S.
Healthy Employees Representing Our Schools

Shelly Lyn Marshall



Escobedo Middle School

The WellFit for Life and Best Weigh to Go programs require both dedication and motivation. The ten weeks of the program often come laden with challenges and the ability to overcome is mandatory. When these challenges arise, it is important to find inspiration in those who have faced greater odds than ourselves, such as our 2011 Lifetime Achievement Award winner.

Shelly Lyn Marshall comes to us with an impressive record of service. She has completed multiple tours in the Navy (the second immediately following the events of September 11, 2001), worked as an adult literacy tutor and aided both at-risk youth and women within correctional facilities. Adding to the awe created in light of these achievements is the fact that it was all prior to her life of service leading here to become an English teacher.

The few remaining cynics out there should also take into account that a number of these accomplishments are intertwined with overcoming serious health-related obstacles, including her defeat of cancer and undergoing two cardiac surgeries, one of which was completed during the WellFit program.

Most of us would take great pride in explaining how we obliterated all of life's curve balls mentioned above while on the road to losing 80+ pounds and winning first place in the 2011 Best Weigh to Go competition. Further examination her unflinching resolve, though, reveals an individual who prefers to share the spotlight. To hear Ms. Marshall tell the story, her success is due to the tremendous support she received from her students, peers, friends and family. This was unsurprising because when speaking to Shelly, you quickly recognize an enduring trait found often in those who have given so much of themselves to the greater good of the world around them, humility.

In respect to her weight loss and the competition, she credits the interplay between all those mentioned above. Trading recipes with colleagues, internalizing the praise of 180 cheerleaders and the friendly competition at home with her husband and daughters (although there is lingering suspicion of butter-related sabotage floating around) all contributed to her success.

For those of us who would seek her advice, Shelly offers this: "No one is perfect, but we can all strive to be the best we can. There are varied levels of health and fitness, and we should strive to get to the top of what is possible for our bodies. The older I get, the more I appreciate being alive, and being healthy. It is never too late to start taking care of you."

In the end, Ms. Marshall reminds us all how precious our health is, how diligent we must remain to protect it and how miniscule some challenges truly are.

*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.

What is **Body Mass Index (BMI)?**

What is Body Mass Index?

This is a numerical value of your weight in relation to your height. BMI's are good indicators of healthy or unhealthy weights for adult men and women, regardless of body frame size.

- A BMI of less than 25 indicates a healthy weight.
- A BMI of less than 18.5 is considered underweight.
- A BMI between 25-29.9 is considered overweight.
- A BMI of 30 or higher indicates obesity.

What are the benefits to managing your BMI?

Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels and lowers HDL (good) cholesterol levels. Diabetes is more likely to develop, too. Losing as few as 10 pounds can lower your heart disease risk. The benefits of maintaining a healthy weight go far beyond improved energy and small clothing sizes.

How do you find your BMI risk level?

1. Use a weight scale on a hard, uncarpeted surface. Wear very little clothing and no shoes.
2. Weigh yourself to the nearest pound.
3. Face forward, heels together, and stand very straight against the wall.
4. Mark your height at the highest point of your head. Then measure your height in feet and inches. Now figure out your height in inches only.
5. Using the chart to the right - find your height in feet and inches in the first column of the BMI Risk Levels table. The ranges of weight that correspond to minimal risk, moderate risk (overweight) and high risk (obese) are shown in the 3 columns for each height.

To calculate your exact BMI value, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches.

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Height	Minimal Risk (BMI under 25)	Moderate Risk (BMI 25-29.9) Overweight	High Risk (BMI 30 & Above) Obese
4' 10"	118 lbs. or less	119-142 lbs.	143 lbs. or more
4' 11"	123 lbs. or less	124-147 lbs.	148 lbs. or more
5' 00"	127 lbs. or less	128-152 lbs.	153 lbs. or more
5' 01"	131 lbs. or less	132-157 lbs.	158 lbs. or more
5' 02"	135 lbs. or less	136-163 lbs.	164 lbs. or more
5' 03"	140 lbs. or less	141-168 lbs.	168 lbs. or more
5' 04"	144 lbs. or less	145-173 lbs.	174 lbs. or more
5' 05"	149 lbs. or less	150-179 lbs.	180 lbs. or more
5' 06"	154 lbs. or less	155-185 lbs.	186 lbs. or more
5' 07"	158 lbs. or less	159-190 lbs.	191 lbs. or more
5' 08"	163 lbs. or less	164-196 lbs.	197 lbs. or more
5' 09"	168 lbs. or less	169-202 lbs.	203 lbs. or more
5' 10"	173 lbs. or less	174-208 lbs.	209 lbs. or more
5' 11"	178 lbs. or less	179-214 lbs.	215 lbs. or more
6' 0"	183 lbs. or less	184-220 lbs.	221 lbs. or more
6' 1"	188 lbs. or less	189-226 lbs.	227 lbs. or more
6' 2"	193 lbs. or less	194-232 lbs.	233 lbs. or more
6' 3"	199 lbs. or less	200-239 lbs.	240 lbs. or more
6' 4"	204 lbs. or less	205-245 lbs.	246 lbs. or more

Did You Know?

An important question to ask yourself.
Can my eyes get sunburned?

Q: I know I should protect my skin, but is it true that your eyes can get sunburned?

Dr. Michelle Calder-Cardwell is an optometrist in Northville, MI.

A: We're constantly reminded to protect our skin from the sun's damaging rays and glare, so when summer heats up, what do we do? We reach for the sunscreen. What many of us don't realize is that our eyes are also vulnerable to becoming sunburned.

Long hours in the sun expose unprotected eyes to dangerous UVA and UVB rays and can actually cause sunburned eyes. If you've spent several hours in the sun and your eyes are watering, itchy, sensitive to light, or dry and gritty, it's likely you have sunburned eyes. Sunburned eyes aren't just irritating. According to the American Academy of Ophthalmology, repeated exposure to ultraviolet (UV) radiation and near-UV light can contribute to cataracts and macular degeneration.

It's easy to prevent sunburned eyes. A wide-brimmed hat will help shade your eyes, but don't stop there. Every member of your family should wear sunglasses outdoors, even in cold winter months. Ask your eye doctor for sunglasses with 100% UVA and UVB protection and HEV, near-UV or blue-light filtering. Think about frame size too—larger frames help prevent harmful rays from sneaking in at the sides or top of your glasses. If you suspect your eyes are seriously sunburned, don't take any chances. Visit your VSP eye doctor right away.

Take a few simple precautions to protect your eyes from burning. You'll have fun in the sun and enjoy good vision for many summers to come!

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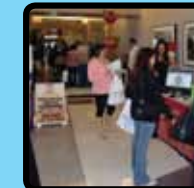
2011 Diabetes Fair in Review

On April 30, 2011, the Trust in conjunction with The Valley Health Systems hosted the second annual Diabetes Fair. Initial reports and feedback show that this event has once again proven successful as our participants in attendance overwhelmingly completed the event with positive feedback about the included information and services available.

This year's fair included a number of vendors and services that focused on prevention and treatment of diabetes. The vendor hall offered all in attendance the chance to visit and schedule services with organizations such as Absolute Foot Care Specialists, Desert Springs Dental Care, Diabetes Treatment Center, Juvenile Diabetes Research Fund, Lampe Chiropractic, Nutrition for Life, Park Hill Family Practice and many more.

As you can imagine with a Trust-sponsored event, we made sure to add a little fun with a plethora of healthy treats and no shortage of raffle prizes. Additionally, the always popular services of the European School of Massage Therapy were readily available to all attendees to help them relax and relieve some stress.

After two years, it appears that this is an event that will become a mainstay and we look forward to applying your feedback and responses so that 2012 is even bigger and better. The Teachers Health Trust would like to express our gratitude to Spring Valley Hospital and The Valley Health Systems for partnering with us for this important event.



Keeping Kool Recipe Honeydew & Kiwi Smoothie



Ingredients

- ♥ Honeydew (2 cups)
- ♥ Kiwi (1)
- ♥ Granny Smith Apple (1)
- ♥ Fresh Lemon Juice (1 tbsp.)
- ♥ Ice Cubes (1 cup)



Directions

1. Cube honeydew.
2. Peel, core and chop the Granny Smith Apple.
3. Peel and chop the kiwi.
4. Combine and blend honeydew, kiwi, apple and lemon juice in blender.
5. Blend until smooth texture is reached.
6. Add ice cubes and blend until cubes are crushed and mixture reaches a slushy consistency.
7. Serve and enjoy!

This summer, enjoy a tasty, low-fat treat. Serves: 3

Nutritional Information (Per Serving)

Calories: 110
Fat: 0g
Carbohydrates: 27g
Fiber: 3g
Protein: 2g



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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5. U.S. Department of Health & Human Services
6. <http://minorityhealth.hhs.gov/templates/content.aspx?ID=7240&lvl=2&lvlid=190>

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Who's Sharing in the Cost of Trust Program & Events, by Philip A. DiGiacomo

1. Teachers Health Trust. 2011 Summary Plan Document
2. Teachers Health Trust. 2011 Wellness Division Standard Operating Procedures Manual

HEROS: Shelly Lyn Marshall, by Philip A. DiGiacomo

1. Shelly Lyn Marshall, Personal Interview conducted June 1, 2011.
2. Images taken by Teachers Health Trust Wellness Division.

What is Body Mass Index (BMI), Reprinted with permission of the American Heart Association of Las Vegas

Did You Know, Reprinted with permission of Vision Service Plan

2011 Diabetes Fair, by Philip A. DiGiacomo

MENTAL MUSCLE ANSWERS
1. Ring around the rose 2. Double header
3. Backgammon 4. Banana split
5. Polka dots

Thank You, Diabetes Fair Sponsors

Absolute Foot Care Specialists

Advanced Foot & Ankle Center

Apache Foot & Ankle Specialists

Asheesh Dewan, MD

Desert Springs Dental Care

Diabetes Treatment Center

European Massage Therapy School

Foot, Ankle & Lower Leg Center

Juvenile Diabetes Research Fund

David Krulewitz, DPM

Lampe Chiropractic

Nevada Diabetes Association

Nevada Eye & Ear

Nevada Eye Care

Nevada Foot Institute

Nevada PEP

Nutrition for Life

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The Valley Health Systems

Todd Zang, DPM