

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Winter 2011 ❄️ Volume 10, Issue 4
For Teachers by Teachers

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Best Weigh to Go** p. 10

2011 Health Festival
Loads of Fun and Festivities
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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

What a year this has been for your Health Trust! Some of the provisions of the new health reform law became effective in 2011, requiring changes in your health coverage. This law is now before the U.S. Supreme Court for consideration and it is expected that a decision will be rendered by the end of the current term in June, 2012. In the interim, insurance companies are deciding how to approach the costly mandates set forth in the law given the fact that there may be changes as a result of this court decision. As though that isn't enough, CCSD has made a full-scale attack on your Health Trust with the stated intention of transferring your health benefits to a for-profit insurance company. This has resulted in an aggressive campaign by your Health Trust in opposition to the attack by CCSD. Negotiations between CCSD and CCEA reached an impasse earlier this year and the issue of your health coverage, together with several other issues, will now go to arbitration. In case the health reform law and the CCSD arbitration doesn't fill up my calendar, I can always concentrate on the upward spiraling of health care costs and the failure of our legislators to address a health care system that is out of control and in serious need of restructuring. It's no wonder that 2011 is a blur to me – hopefully, 2012 will reverse the course of events in a positive way.

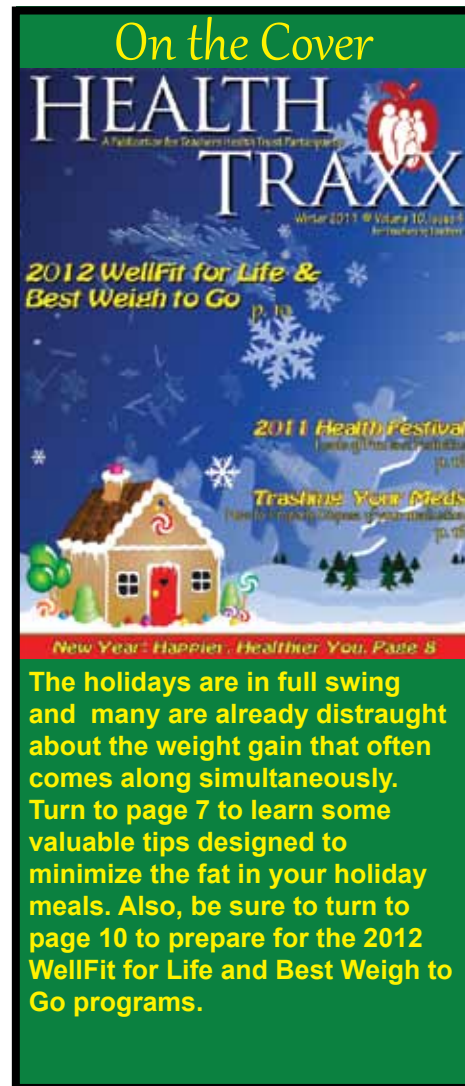
In an unfortunate recent turn of events, Congress has failed to address the budget crisis looming over the U. S. economy and that is very sad indeed. An increasingly larger share of the federal budget will be directed to social programs in the future, including Medicare, Medicaid and Social Security. The funds required to sustain those programs, barring any benefit changes, directly impact the ability of the economy to recover from its current stagnation, especially in Nevada. I bring this up because, in my opinion, the stagnant economy is having a direct effect on the ability of people to access the health care system. Looking at the statistics gathered by your Health Trust from your medical claims, a trend can be seen indicating that teachers and their families are utilizing the plan more often in emergency and critical situations, as opposed to getting regular physicals and becoming more involved in wellness activities. Not only does more attention to your health care result in a healthier person, it also lowers health care costs. An example is the S.T.O.P. program for weight loss. While your Health Trust has made a considerable financial investment in this program, it is already resulting in healthier participants and in lower health care costs. The future of health care in this country depends on the willingness to take care of your health and to make good decisions. It does not appear that the government has any desire to tread in those waters.

Your Health Trust's Board of Trustees and the staff wish you a joyous holiday season and I personally want to thank you for all of your support during the Keep Your Trust campaign. Your input regarding the ways in which your Health Trust is affecting your lives makes my job more fulfilling.

Sincerely,
Peter Alpert
Chief Executive Officer
December 2011

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Trust Tidbits

Retiree Open Enrollment

Open Enrollment for retirees began on November 17, 2011. All changes are due in to the Trust by 5:45 p.m. on December 19, 2011. All changes will be effective January 1, 2012.

Trust Office Closures

The Teachers Health Trust will be closing at 11:00 a.m. on Thursday, December 22, 2011. The office will be closed from Friday, December 23 through Monday, January 2, 2012 for the winter holiday. The office will reopen for normal business hours on Tuesday, January 3. In addition, the Trust office will be closed on Monday, January 16, 2012 in observation of Martin Luther King's birthday and on Monday, February 20, 2012 for President's Day.

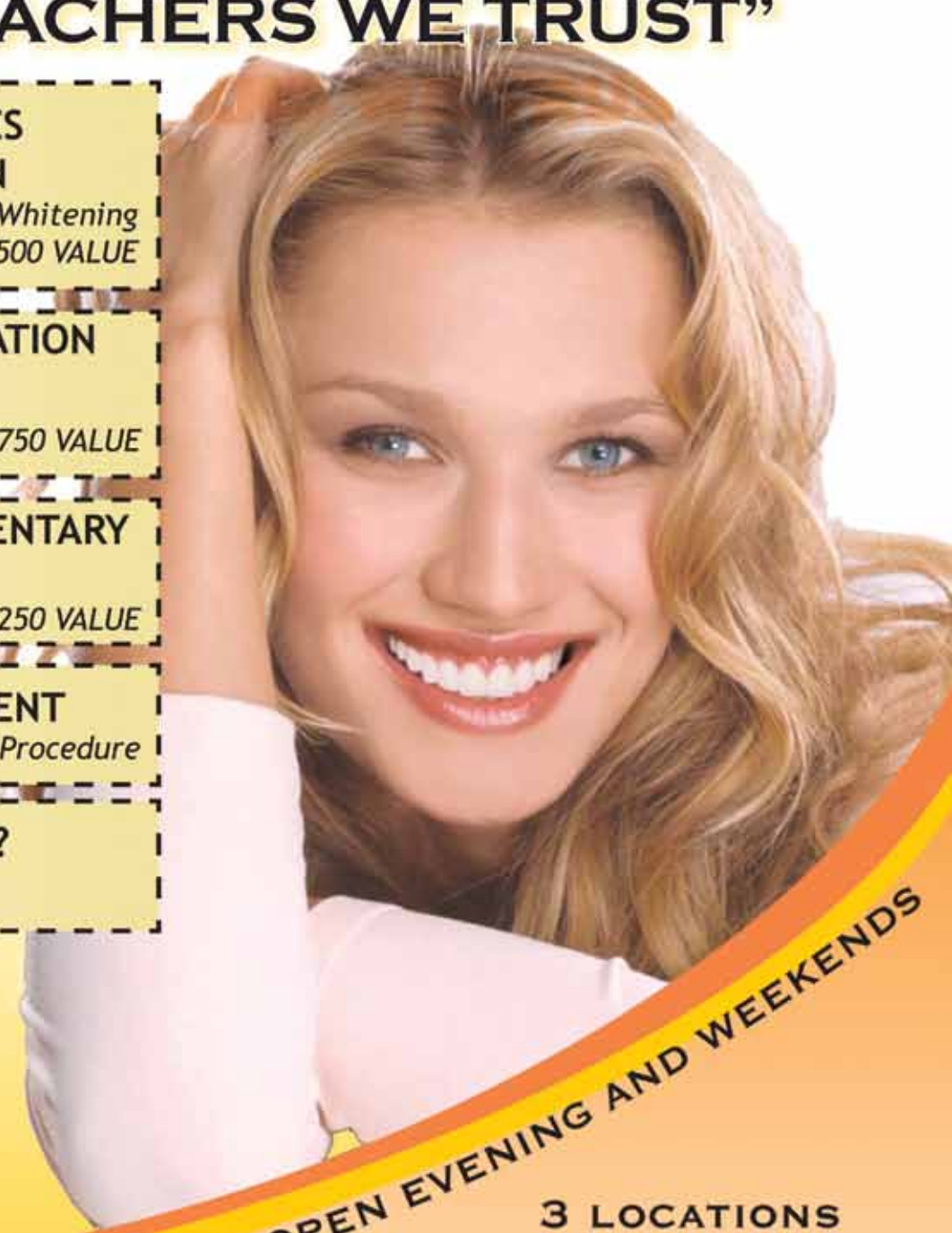
Find Your Subscriber ID#, Win \$25.00

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.



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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.



Trashing Your Meds

Disposal of Unused Medicines: What You Should Know

Medicines play an important role in treating many conditions and diseases, but when they are no longer needed it's important to dispose of them properly to avoid harm to others. Below, we list some disposal options and some special disposal instructions for you to consider when throwing out expired, unwanted or unused medicines.

Medicine Take-Back Programs

Medicine take-back programs for disposal are a good way to remove expired, unwanted, or unused medicines from the home and reduce the chance that others may accidentally take the medicine. Contact your city or county government's household trash and recycling service to see if there is a medicine take-back program in your community and learn about any special rules regarding which medicines can be taken back. You can also talk to your pharmacist to see if he or she knows of other medicine disposal programs in your area.

Disposal in Household Trash

If no medicine take-back program is available in your area, consumers can also follow these simple steps to dispose of most medicines in the household trash:¹

- Mix medicines (do NOT crush tablets or capsules) with an unpalatable substance such as kitty litter or used coffee grounds;
- Place the mixture in a container such as a sealed plastic bag; and
- Throw the container in your household trash

Flushing of Certain Medicines

There is a small number of medicines that may be especially harmful and, in some cases, fatal in a single dose if they are used by someone other than the person the medicine was prescribed for. For this reason, a few medicines have specific disposal instructions that indicate they should be flushed down the sink or toilet when they are no longer needed and when they cannot be disposed of through a drug take-back program. When you dispose of these medicines down the sink or toilet, they cannot be accidentally used by children, pets, or anyone else.

You may have also received disposal directions for these medicines when you picked up your prescription. If your medicine is on this list, and you did not receive information containing disposal instructions along with your dispensed prescription, you can find instructions on how to dispose of the medicines at DailyMed¹, by searching on the drug name, and then looking in one of the following sections of the prescribing information:

- Information for Patients and Caregivers
- Patient Information
- Patient Counseling Information
- Safety and Handling Instructions
- Medication Guide

Reprinted from the Food & Drug Administration's official website www.fda.gov

For Your Benefit

Cutting the Fat for the Holidays

The holidays are in full swing and, for many of us, this time of year often includes the unwanted gift of added weight. Fortunately, with a few steps and an added focus to holiday meal preparation, you may be able to minimize the impact. The Trust encourages you to implement a few of the following tips as a way to cut the fat this holiday season.



Appetizers: They are mainstay of even the briefest of holiday gatherings, so help limit the impact of the appetizers you serve by substituting low-fat or fat-free mayonnaise, yogurt and sour cream for dips, accompanied by a healthy serving of raw vegetables. You can also use fat-free cream cheese and lean cuts of sandwich meats.

Nuts: While nuts are high in fat and calories, most of the fat is unsaturated and many are rich in omega-3 fatty acids. They are also an excellent source of vitamin B, iron, zinc and potassium.



Dinners: One of the best ways to cut fat in your dinners is to serve



lean cuts of meat (such as pork or beef tenderloin). For ham, trim the fat and remove the skin and choose white meat when serving turkey.

Additionally, be sure to serve plenty of steamed, braised and/or roasted vegetables. Substitute reduced-fat or fat-free sour cream if you are serving mashed potatoes.

Holiday Desserts: For your holiday pies, substitute phyllo dough as your base or topping. Phyllo dough is light, flaky and almost fat free. Use less butter and add oats to fruit cobblers for added fiber. In addition, using fat-free whip or low fat frozen yogurt instead of ice cream or cream also greatly reduces the fat content of these holiday favorites. Use reduced or fat-free cream cheeses for cheesecakes. Last but not least, consider baked seasonal fruits (apples or pears).



Cookies: While you may not be able to eliminate the use of butter altogether, if you can maintain texture or taste by using less. In most cases where a recipe calls for a full stick of butter, you can use half as much with satisfying results.



Be sure to avoid whipped butter or tub margarine since these are often less optimal for baking. Also, consider using smaller quantities of chocolate chips and adding cocoa for chocolate flavor.

Keep in mind that this is only a small helping of ideas that can assist you in cutting the amount of fat served in your home during the holidays. Hopefully, with a combination of these ideas and an effort to limit your portion sizes, you can enjoy the tastes of the holidays without worrying about the guilt that comes afterwards.

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)

**ho
ho
+ho**

(3)

**TOWN
TOWN
TOWN**

(4)

**MAN
BOARD**

(5)

GNIOTTOING

See answers on page 20.



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.



New Year, New You

Starting 2012 with a Happier, Healthier You!

What comes to mind when we ring in the New Year? Aside from the all night fun, high-calorie food and beverage intake, most people think about their New Year's resolutions. This is a pact we make with ourselves for the purpose of trying to improve in one way or another. This happens to be the easy part.

It seems that following through and sticking to these resolutions is where we often fall apart. Well, here at the Teachers Health Trust, our goal is to help you with the latter part of the resolution success process.

Step 1: Body

Taking proper care of your body is a powerful first step towards healthy living. By committing yourself to a consistent exercise regimen, there are so many more benefits than what the mirror can reveal. When improving your physical health, you will automatically experience a greater mental and emotional well being as well.

Step 2: Heart & Mind

These two go hand-in-hand to a great degree. How many times have you had a great workout at the gym and while you may leave feeling physically drained, you are also left feeling euphoric from what you have just accomplished. This can be attributed to the brain releasing endorphins, its feel-good chemical. When endorphins are released, it helps reduce stress, frustration and relieve pain.



Being emotionally and mentally healthy involves controlling your thoughts and feelings. People with strong emotional health are resilient in the face of day-to-day setbacks and challenges. They can cope with difficult situations and still maintain a positive outlook.

Step 3: Achieving the Trifecta

Maintaining emotional health requires focus, but there are some simple guidelines that may assist you in achieving overall wellness:

1. Sleeping seven to eight hours a night will allow you to feel recharged and function at your best.
2. Regular exercise (at least 2½ hours a week with an additional two days of stretching and weight lifting) will strengthen your body.
3. A consistent, well-balanced diet consisting of foods high in protein, vitamins and minerals will supply your body with fuel for energy and aid recovery from exercise.
4. A few minutes of daily meditation will leave you feeling centered and calm. For example, patients with chronic pain (including headaches) experienced significant decreases in pain and reduced their reliance on painkiller drugs after a ten-week program of mindfulness meditation and yoga practice.
5. Socializing with family and friends to create intimacy is emotionally rewarding, especially with those you share a mutual level of caring.

6. Being outdoors and spending time in nature allows you to get a daily dose of that beautiful, bright, warm sunshine that will increase your energy and lift your mood.

Applying these strategies will only help to contribute to a positive balance of physical, mental and emotionally well being. According to the Surgeon General's report, "physical activity appears to relieve symptoms of depression and anxiety and improve mood." It is as important to nurture your mind and emotional health as it is to take care of your body.

"Optimum health addresses the mind, body and spirit. Through small adjustments in lifestyle, nutrition and prudent supplementation, you can better adapt to the changes that time brings, and achieve and maintain optimum health over your lifetime."

Step 4: Following Through

Achieving goals is never easy. Do not get fooled into thinking there is some magic pill that does it all for you. Hard work and determination are almost always the secret ingredients to attaining your goals. It requires effort to build and maintain physical health as well as mental and emotional health. Unfortunately, too many people take this for granted, only focusing on it when they develop problems.

When you do decide to start an exercise routine, start off slowly and consult your doctor first. Focusing on proper form and technique, use low resistance while you hone your skill. For many people unfamiliar with exercise, this may seem a bit awkward, embarrassing or even intimidating. Think about your goals and remember to keep focused.

Once you get that first glance of hard work paying off in a picture or a mirror, you can smile and appreciate your dedication and enjoy the priceless feeling of happiness and contentment from deep within. Now with the new year, make it your excuse to allow change in the direction that is in your favor and get ready to introduce a new you!

*Olga Singleton, Contributor
Teachers Health Trust*

Programs Designed to Promote Physical & Emotional Well-Being Provided by Teachers Health Trust

Wellfit for Life: This is a 12 week cardiovascular program that is free, easy to follow and offers some valuable prizes to all who participate.

Best Weigh to Go: A Program component of the Wellfit for Life 12 week cardiovascular program, the Best Weigh to Go encourages participants to add friendly competition to their daily workouts by forming teams and motivating one another to lose weight.

S.T.O.P. (Safely Taking Off Pounds): 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.

Lifestyle Decisions: is a disease management program focused on helping Participants learn to self-manage chronic conditions through a variety of educational resources.

Breast Cancer Awareness Campaign: The program offers free breast exams with mammograms during the months of September, October and November at various In-Network radiology facilities in Clark County, Nevada.

Prostate Cancer Awareness Campaign: The program offers a free office visit for Participants to obtain a PSA test and rectal exam during the months of September, October and November at various In-Network radiology facilities in Clark County, Nevada.

What is WellFit for Life?

WellFit for Life is a 12-week cardiovascular program that encourages Clark County School District (CCSD) employees to get moving! The program is free, and it allows you to participate in fitness activities of your choice, from conventional (such as jogging or swimming) to non-traditional (such as walking the dog or gardening). To top it off, there are valuable incentives, including gifts and prizes for all eligible participants.

Who Can Participate?

WellFit for Life is open to all active and retired licensed employees of the CCSD who are currently enrolled in a Teachers Health Trust or Retiree Health Trust medical plan as well as employees of the Trust and Clark County Education Association (CCEA).

Why Participate?

Getting 30 or more minutes of exercise five days a week is ideal for maintaining a healthy lifestyle. Participating in WellFit for Life is an easy way to tone up, slim down and begin the journey towards an optimal level of health. This 12-week program will help you to look and feel better as you improve your health, have fun, support friends and colleagues, and qualify to win gifts and prizes.

Getting Started

Follow the simple steps listed here to get started on the road to a happier, healthier you!

1. Complete the registration form found on the official WellFit for Life website (www.wellfit.teachershealthtrust.org). You may also link to the WellFit for Life website from www.teachershealthtrust.org. **The last day to register is February 18, 2012.**
2. Understand the program requirements, which include completing a minimum of 1/2 an aerobic mile a day, four days a week for nine of the 12 weeks.
3. Set and pursue personal fitness goals to achieve throughout the duration of the program.
4. Report your achieved daily miles utilizing the WellFit for Life Online Log. You are not required to log your miles daily; however, you must complete your online log by the final day of the program to be eligible for gifts and prizes.
5. Track and report fitness progress on a daily or weekly basis.

6. *Optional:* Attend the WellFit for Life Kick-off and 5K event for a free fitness test screening. During this test, you will learn your body fat percentage and meet with personal trainers and nutritionists to help determine your goals for the program. In addition, vendors will be present to assist you, and giveaways will be distributed. The kick-off events will also provide the opportunity to weigh in for the Best Weigh to Go component of the WellFit for Life program. *(Turn to page 12 for more information on Best Weigh to Go.)*
7. *Optional:* Attend some of the weekly Trust-sponsored WellFit for Life events to receive additional wellness miles. *(See page 13 for times, dates and locations.)* Also, be sure to check www.wellfit.teachershealthtrust.org regularly for additional events and free seminars.
8. *Optional:* Attend the WellFit for Life & Best Weigh to Go Weigh-Out event for a final screening and to determine your program achievement.

The Trust encourages all participants to consult a physician before starting any cardiovascular and/or exercise regimen.

Gifts & Prizes

While nothing compares to the gift of health that you are rewarding yourself through participation, a little incentive can go a long way towards maintaining motivation to finish the program and meet your goals. The following pages list the gifts and prizes available through the WellFit for Life and Best Weigh to Go programs.

Gift 1: Attend the Kick-off

The first 300 licensed employees who attend the WellFit for Life and Best Weigh to Go Kick-off and 5K event on January 21, 2012, shall receive a WellFit for Life 2012 lunch bag.

Gift 2: Complete the Program

All participants who complete the program will receive a pair of athletic socks. Successful completion is defined as performing a minimum of 1/2 an aerobic mile of cardiovascular activity four days a week for nine of the 12 weeks. Additionally, all aforementioned activity must be reported utilizing the WellFit for Life Online Log for the participant to be considered as having completed the program.

Prize 1: Divisional Competition

Upon completion of the 12-week program, 2012 WellFit for Life bandanas will be provided for winning competitors. Divisional winners will be selected from the worksite with the highest percentage of WellFit for Life participants who completed the program. One worksite will win from each of the six divisions.

The bandanas will be imprinted with the 2012 WellFit for Life logo, the Best Weigh to Go winners and the worksite with the greatest participation. The WellFit for Life divisions are:

1. **Elementary School** - Four worksites will be chosen.
2. **Middle School** - Three worksites will be chosen.
3. **High School** - Two worksites will be chosen.
4. **Special School** - One worksite will be chosen.
5. **Rural School** - One worksite will be chosen from the following areas: Indian Springs, Sandy Valley, Laughlin, Virgin Valley, Boulder City and other surrounding areas.
6. **Licensed Department** - One licensed department will be chosen from the following areas: Professional Development, Student Support Services, Title I, and Grants & Development.

The worksite with the highest percentage of WellFit for Life participants who complete the program will receive a free breakfast at their worksite.

Prize 2: Mileage Competition

Sporting goods gift cards will be awarded to winners from each mileage category. These winners will be selected based upon the number of completed miles within their respective divisions at the end of the 12-week program. In addition, winners will also be featured in the summer issue of *Health Traxx*.

The mileage categories are defined for the program as follows:

1. **Novice** - This category is reserved for beginners who will not exceed 75 miles during the program. *(Participants can win only once in this category.)*
2. **Intermediate** - This category is for participants who will not exceed 300 miles during the program.
3. **Advanced** - This category is for participants who will not exceed 600 miles during the program.

4. **Extreme** - This category is designed for marathon runners, triathletes and endurance athletes who will exceed 600 miles during the program.
5. **Fit at 55** - This category is for retired participants who will complete a minimum of 75 miles during the program.

Sporting goods gift cards will be awarded within divisional categories (Novice, Intermediate, Advanced, Extreme and Fit at 55) as follows:

1. **Elementary** - Four winners in each divisional category.
2. **Middle School** - Three winners in each divisional category.
3. **High School** - Two winners in each divisional category.
4. **Special School** - One winner in each divisional category.
5. **Rural School** - One winner in each divisional category.
6. **Licensed Department** - One winner in each divisional category.

Special Awards

The **Lifetime Achievement Award** is presented to a participant living with a lifetime challenge* who completes the WellFit for Life program despite complications from his or her challenge. The recipient will be chosen through a lottery process by the Wellness Division. The winner of the Lifetime Achievement Award is honored at the annual Health Festival and featured within the H.E.R.O.S. section of *Health Traxx*. In addition, the winner shall receive a sporting goods gift card.

** A lifetime challenge is defined as a serious disease, medical condition or disability one lives with the majority of his or her life and that increases the difficulty of maintaining a fitness regimen.*

The **Heart Saver Award** is presented to those participants who lose 15 or more pounds. Heart Savers will receive a free water bottle.

The **Wellness Team Leaders' Award** is presented to worksite leaders who, along with ten participants from their worksite, complete the program. These participants shall receive free Sweet Tomatoes restaurant passes. In addition, all qualifying leaders will be entered into a raffle to win a sporting goods gift card.

2012 WellFit for Life: Commit 2B Fit

Join us for the Kick-off on 01/21/12. Log on and sign up beginning 01/02/12 by visiting www.wellfit.teachershealthtrust.org.

What is Best Weigh to Go?

A component of the WellFit for Life 12-week cardiovascular program, Best Weigh to Go encourages participants to add a little friendly competition to their daily workouts by forming teams and motivating one another to lose weight. Team weight totals are recorded at the beginning and end of the program. The teams that lose the highest percentage of weight are eligible to win prizes. You may compete in the Best Weigh to Go program without participating in the WellFit for Life program.

The program offers three types of teams so that everyone can find a group that best fits their fitness goals and schedule. All teams must be registered at www.wellfit.teachershealthtrust.org.

Licensed Personnel Team

Active and/or retired CCSD-licensed employees currently enrolled in a Teachers Health Trust or Retiree Health Trust medical plan.

Family Team

Active and/or retired participant and/or his/her dependents enrolled under the main insured's plan.

Combined Team

Mix of CCSD-licensed employees, retirees and/or eligible dependents (e.g., five-member team consisting of two licensed employees, one retiree and a dependent).

Guidelines & Instructions

- ▶ Teams **must** consist of two to five competitors who are eligible for the WellFit for Life program.
- ▶ Participants may compete on one team only.
- ▶ Each team must have a team name and captain.
- ▶ All team members **must** weigh in and out together.
- ▶ Participants should wear comfortable athletic gear for weigh-in/out (shirt, pants/shorts and socks).
- ▶ Shoes should be removed for weigh-in/out.
- ▶ The calculation for winning is based on the percentage of team body weight loss. The equation used is: **(pounds lost/weigh-in weight) X 100 = % of weight loss.**
- ▶ Prizes will be awarded to the three teams that lose the highest percentage of body weight; the top team will win the Grand Prize of \$1,000 and a one-year membership to Gold's Gym of Las Vegas.
- ▶ **IMPORTANT:** For safety purposes, expectant mothers are not eligible to participate in the Best Weigh to Go program. Should you become pregnant during the course of the program, the Trust highly recommends that you cease participation immediately.

Family Team Overview

The Teachers Health Trust knows that the best way to implement and maintain a healthy lifestyle is to make it a key component in the home. That is why the Trust encourages all eligible CCSD-licensed employees and their dependents to create family teams to participate in 2012.

If you would like to participate in the 2012 Best Weigh to Go program as a family team, be sure to review the guidelines and instructions below.

Family Team Guidelines & Instructions

All members of a team must be active participants or dependents on either the Trust's Diamond or Platinum Plan.

Teams **must** consist of two to five competitors who are eligible for the WellFit for Life program.

There are no age restrictions for participation in the programs.*

Teams may be made up of a mix of licensed employees and dependents (e.g., a five-member team consisting of two licensed employees and three dependents).

All standard Best Weigh to Go guidelines and instructions apply to teams that include dependents. Be sure to review the guidelines and instructions found on the opposite page.

** The Teachers Health Trust highly recommends that parents consult with their family pediatrician(s) before starting children on an exercise and diet regimen.*

Trust-Sponsored Classes & Activities

The Trust is delighted to announce that Gold's Gym will continue their support of the Teachers Health Trust WellFit for Life & Best Weigh to Go Program. Gold's Gym will once again host free classes at five Las Vegas area locations for all participants each Saturday during the programs.

Receive additional mileage points when you attend the free classes provided for all WellFit for Life participants courtesy of Gold's Gym every Saturday from January 22 through March 31. Visit any of the following Gold's Gym locations each Saturday during the program.

Centennial Hills: 6564 Losee Road, N. Las Vegas
Eastern: 9310 S. Eastern Ave., Henderson
Henderson: 35 S. Stephanie Road, Henderson
Las Vegas East: 3750 E. Flamingo Road, Las Vegas
Summerlin: 7501 W. Lake Mead Blvd. Las Vegas

In addition, the overall Best Weigh to Go grand-prize-winning team members will be awarded free one-year memberships and second-place team members will be awarded three-month memberships. Children under 13 are not eligible for gym membership; a maximum of five memberships will be awarded.

Best Weigh to Go Prizes

The three teams that lose the highest percentage of body weight will receive monetary awards as follows:

Grand Prize: \$1,000.00

2nd Place: \$500.00

3rd Place: \$250.00



2012 Best Weigh to Go

Weigh-In: Saturday, January 21, 2012, 8 a.m. - 12 p.m. - University of Nevada, Las Vegas Student Union, Ballroom A

Weigh-Out: Saturday, April 14, 2012, 9 a.m. - 12 p.m. - Teachers Health Trust: Sedway Room (2950 E. Rochelle Ave., Las Vegas, NV 89121)

2011 HEALTH FESTIVAL *Event in Review*

The largest Trust-sponsored event of the year has, once again, run its course. The 2011 Health Festival: Jazz Up Your Health! was held at the Cox Pavilion on Saturday, October 22, 2011. This year's event saw over 2,000 participants and over 80 vendors, including Medco Health Solutions, Comprehensive Cancer Centers of Nevada and many more in attendance.

Serving as the primary venue for influenza and pneumonia vaccinations, the 2011 festival offered an array of additional services such as blood pressure screenings, body fat analyses, financial consultations and much more. In addition, our biggest annual event hosted a variety of entertainment. This year included music from a live deejay, caricature artists, fortune tellers, face painters and always-popular CCEA Cake Walk. As always, the Health Festival awarded attendees with a carnival of prizes and giveaways, which included a slew of gift cards, iPods and much, much more.

The Trust hopes that our participants and their families and friends enjoyed attending this year's festival at least as much as we enjoyed hosting the event. We would like to thank all of our 2011 partners, employees, sponsors, vendors and donors for their hard work and dedication. Above all, though, we want to thank all the wonderful attendees who help make the annual Health Festival the success that it is!



2011 ART CONTEST WINNERS

ELEMENTARY SCHOOL



Elle S. Pittman



Britta Reber



Carlos Gallegos Aguilar

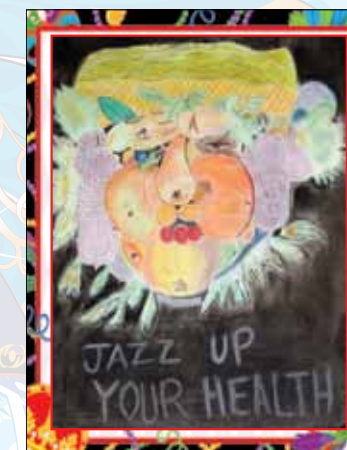
MIDDLE SCHOOL



Angela Borro



Victoria Ford



Naomi Santiago

HIGH SCHOOL



Andrew Casey Congleton



Vanessa Rios



Patricia Maglalang

Mark Your Calendar!

December 19, 2011 - Retiree Open Enrollment changes due to the Trust by 5:45 p.m.

December 22, 2011 - Winter Holiday Begins. Trust closing at 11:00 a.m.

December 23, 2011 - January 2, 2012: Winter Holiday. Trust closed.

January 16, 2012 - Martin Luther King's Birthday (Observed). Trust closed.

January 21, 2012 - 2012 WellFit for Life & Best Weigh to Go Kick-off Event

January 28, 2012 - 2012 WellFit Saturdays and Gold's Gyms begins.

February 20, 2012 - President's Day. Trust closed.



How to Feed a Happy Heart

YOU'RE IN CHARGE! Nobody can do as much as you can to guard against heart disease and stroke. Your environment, lifestyle and eating habits all influence how well your heart and body work and how you feel.

The secrets to nutrition success are variety and balance. Make it your goal to eat a diet that includes all of the major food groups: vegetables, fruits, whole grain, high fiber foods, lean meats, fish and fat free/low fat (1%) dairy products.

Vegetable and Fruits

These are high in vitamins, minerals, and fiber and are also LOW IN CALORIES! Eating many kinds can help lower your blood pressure, reduce your risk for cardiovascular disease and may also help control your weight.

- Replace high-calorie foods with fruits and veggies
- Select deep colored fruits and veggies (spinach, carrots, peaches and berries)
- Eat them whole (fresh, frozen, canned) instead of drinking juices
- Look for veggies and fruits that are frozen, or canned in water without added sugar, saturated and trans fats or salt.

Whole Grain, High Fiber Foods

Unrefined whole grain foods have fiber that can help lower your cholesterol. Fiber also helps you feel full, so it may help you better manage your weight.

- Choose whole grain foods such as whole wheat, oats/oatmeal, rye, barley and corn. Also try popcorn, brown rice, or wild rice.
- Choose breads and other foods that say "whole grains" first on the ingredient list.
- Aim for 25 grams of fiber each day. Keep in mind, the more calories you take in, the more fiber you need.

Skinless Lean Meats and Poultry

When you shop, look for cuts of red meat and pork labeled "loin" and "round". They usually have least amount of fat. Prepare them without added saturated and trans fats.

- Remove all visible fat from meat and poultry before cooking
- Remove skin from poultry before eating
- Choose white meat most often when eating poultry
- Grill, bake or broil meats and poultry (as opposed to frying)
- Cut back on processed meats, which are often high in saturated fat and sodium.

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Las Vegas



NEGOTIATIONS UPDATE

As we move forward through the impasse arbitration process to settle the 2011-2012 contract with the Clark County School District (CCSD), the CCEA Negotiations Team reports on the following:

- Arbitrator Phil Tamoush has been selected to hear the case.
- November 9, 2011 marked the first arbitration hearing day. CCSD presented their position on several non-economic issues.
- Additional arbitration hearing dates have been set for January 11-13, 2012 and February 6-7, 2012. Financial evidence will begin in January.

We need your support and active participation. Here is what you can do:

- 1) Contact the Association Rep (AR) at your worksite. ARs will play a critical role in the communications process. ARs will report the latest developments at the worksite and report your feedback to the Team. If your worksite doesn't have an AR, call CCEA (733-3063) and we will help identify a Rep.
- 2) Sign up to receive e-mail communications! It's easy – simply go to www.ccea-nv.org to sign up.

Get involved today! There is just too much at stake to sit this one out.

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Kids Korner

"Fall" Back to School with Healthy Eyes

Summer's over and the kids are back to school. Did you know that more than 20% of school-age kids have vision problems? Kids with undiagnosed vision issues are more likely to struggle in the classroom, experiencing difficulty with reading, headaches, frustration and low self-esteem. Give your child a head start on the school year by getting their eyes checked by their VSP provider.



Diabetes impacts nearly 24 million Americans of all ages, and for kids diagnosed with Type 1 diabetes, school can present extra challenges. Visit Disneyfamily.com's Type 1 Diabetes Resource Center for tips to help your family manage back to school after diagnosis.

Looking for more information about diabetes and diabetes-related diseases? Visit our Diabetes Discovery Center at The Center on vsp.com.

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www.vsp.com*

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!

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www.SunriseHealthInfo.com

Keep Your Trust: Join the Fight!

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

Current Status

The Teachers Health Trust has continued the campaign to thwart the attempt by the CCSD to terminate its 28 year relationship with 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, wants to continue to deliver this quality coverage and work to serve our educational community.

As of today, the CCEA (along with the Trust) has reached an impasse in negotiations with the CCSD and an arbitrator has been selected. The next meeting with the selected arbitrator is scheduled for January, but we are continuing our campaign to get the word out and make your voice heard in the meantime. We promise that 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. If you have not already, please take a few moments to review the materials listed below and then visit the Keep Your Trust web site to join the fight!

Campaign Updates

Peter Alpert, CEO has documented a series of videos designed to provide you important information about the Trust and the ongoing fight to keep your benefits intact.

If you have not already, be sure to visit our site to view his addresses to the participants and 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. We know this because our motto of For Teachers by Teachers is more than a tag line.

Our petition has garnered a great response, but we can always benefit from more voices being heard. As we continue the fight, 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.





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 4. Man overboard 5. Going back and forth

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