

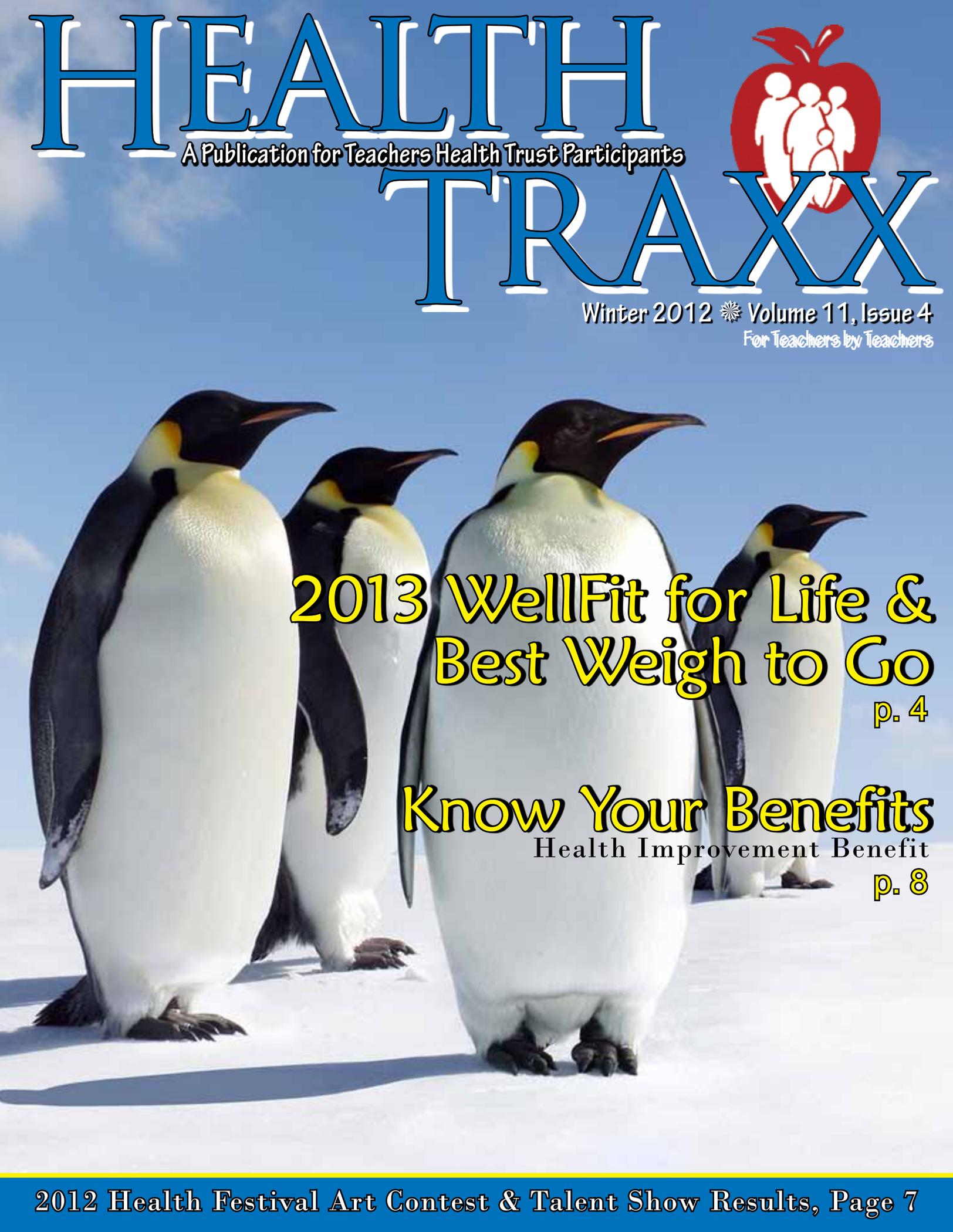
# HEALTH

A Publication for Teachers Health Trust Participants



# TRAXX

Winter 2012 ❁ Volume 11, Issue 4  
For Teachers by Teachers



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Best Weigh to Go

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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](mailto:wellness@teachershealthtrust.org) or write to:

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## A MESSAGE FROM THE CEO

With the reelection of President Obama, it is now fairly certain to safe to state that the Patient Protection and Affordable Care Act is here to stay. No doubt there will be some modifications to this law with the passage of time, but the framework is now engrained in our health care system and it will have an indelible impact on our lives in the future. Since the media is replete with analyses of the law and its mandates, I will not bore you with the details. Suffice it to say, although the law will benefit some to the detriment of others, the Health Trust will continue to comply with the provisions applicable to the coverage it extends to all of you.

Earlier this year, the Health Trust increased its premium structure and modified its copays on prescription drugs. The Clark County School District (CCSD) objected to these changes and maintained that these changes had to be the subject of collective bargaining, despite its past practice to the contrary. As a result, CCSD refused to withhold the premium increases from your compensation, leaving it to the Health Trust to meet its increasing costs without the receipt of additional funds to do so. The matter is now being litigated before the Employee Management Relations Board and it is anticipated it will be several months before this dispute is resolved. In the interim, the Health Trust will continue to furnish you with the same service and benefits you have come to expect and it will keep looking for ways to make up the shortfall occasioned by CCSD's actions.

In keeping with the holiday spirit that has now crept up on us, the staff at the Health Trust donated its time and a substantial amount of food to The Three Square Food Bank and it also donated many toys to the Safe Nest Toy drive. Our staff has always been most generous in supporting organizations needing public support, such as the Katrina Relief Fund, the Red Cross, Shade Tree and others. Each year the staff also gives school supplies to one of the local elementary schools. At the Health Festival this year, there were prizes of school supplies for teachers in attendance, donated, in part, by the Health Trust's vendors. I am proud of this tradition of generosity on the part of the Health Trust's staff which is a wonderful example of our commitment to not only the teachers we serve, but also to the community.

Thank you for your continued support.

Sincerely,

Chief Executive Officer  
November 2012

# 2013 WellFit for Life & Best Weigh to Go

Join us for the 2013 Kick-off at the Trust (2950 E. Rochelle Ave.) on Friday, January 25 (2 - 5 p.m.) or Saturday, January 26 (9 a.m. - 12 p.m.). Register at [www.teachershealthtrust.org](http://www.teachershealthtrust.org).

## 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 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).

## Getting Started

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

1. Complete the registration form found on the official website ([www.wellfit.teachershealthtrust.org](http://www.wellfit.teachershealthtrust.org)). You may also link to the WellFit website from [www.teachershealthtrust.org](http://www.teachershealthtrust.org). **Registration closes February 23, 2013.**
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 Online Log. You are not required to log your miles daily; however, you must complete your online

log by Tuesday, April 23, 2013 to be eligible for gifts and prizes.

5. Track and report fitness progress on a daily or weekly basis.

## 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. The following gifts and prizes are available through the WellFit for Life and Best Weigh to Go programs.

### Kick-off Raffle

All licensed participants who attend one of the WellFit for Life Kick-off events will be entered in one of two raffles for a fitness goodie basket.

### Prize 1 (Complete Program)

All participants who complete the program will receive 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 activity must be reported utilizing the WellFit for Life Online Log for the participant to be considered as having completed the program.

### Prize 2 (Divisional Competition)

Upon completion of the 12-week program, 2013 WellFit for Life gym towels will be provided for winning competitors. Divisional winners will be selected from the worksites with the highest percentage of participants who completed the program.

The gym towel will be imprinted with the WellFit logo, the Best Weigh to Go win-

ners and the worksite with the greatest participation. The 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 will be chosen from the following areas: Professional Development, Student Support Services, Title I, and Grants & Development.

### Prize 3 (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.

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

## What is Best Weigh to Go?

Best Weigh to Go encourages participants to add friendly competition to their daily workouts by forming teams and motivating one another. 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 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.

**Licensed 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 covered under the main insured's plan.

**Combined Team:** Mix of CCSD-licensed employees, retirees and/or eligible dependents.

## 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 must be removed for weigh-in/out.

- ▶ The calculation for winning is based on the percentage of team body weight loss.

- ▶ Prizes will be awarded to the three teams that lose the highest percentage of body weight.

- ▶ **IMPORTANT:** For safety purposes, expectant mothers are not eligible to participate. Should you become pregnant during the course of the program, the Trust highly recommends that you cease participation immediately.

## Family Team Guidelines & Instructions

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

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

- ▶ Teams may be made up of a mix of licensed employees and dependents.

- ▶ All standard guidelines and instructions apply to teams that include dependents.

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

## Best Weigh to Go Prizes

**Grand Prize: \$1,000.00**

**2<sup>nd</sup> Place: \$500.00**

**3<sup>rd</sup> Place: \$250.00**



## Trust Tidbits

### Trust Office Closures

Monday, December 24 - Tuesday, January 1, 2013: Winter Holiday. Trust closed.

Monday, January 21: Martin Luther King's Birthday. Trust closed.

Monday, February 18, 2013: President's Day. Trust closed.

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# 2012 Health Festival

## ART CONTEST & TALENT SHOW RESULTS

### TALENT SHOW



**1<sup>st</sup> Place: Elementary**  
**Anthony Torres**

2<sup>nd</sup> Place: Ricardo Sanchez  
 3<sup>rd</sup> Place: Torri Turnbeaugh



**1<sup>st</sup> Place, Middle School**  
**Trever Unruh**

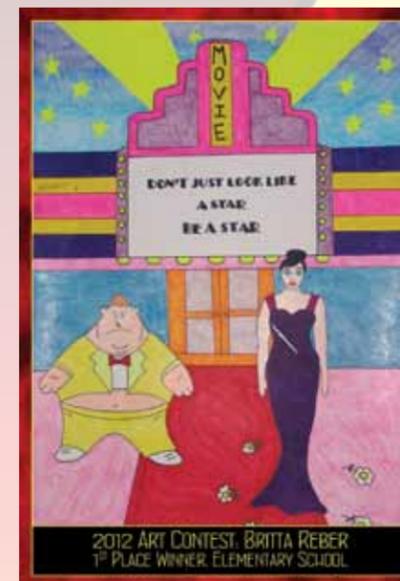
2<sup>nd</sup> Place: Forever Living Young  
 3<sup>rd</sup> Place: Woodbury M.S.  
 Twirling Team



**1<sup>st</sup> Place, High School**  
**Tanner Fortgang**

2<sup>nd</sup> Place: Colleen Carney  
 3<sup>rd</sup> Place: Tristafiath

### ART CONTEST



**2<sup>nd</sup> Place: Rosaly Mengana**  
**3<sup>rd</sup> Place: Laiza Ordonez**



**2<sup>nd</sup> Place: Leilani Singleton**  
**3<sup>rd</sup> Place: Lydia Henderson**



**2<sup>nd</sup> Place: Rayanne Gutierrez**  
**3<sup>rd</sup> Place: Hye Young Seok**

# MORE

**Mobilize. Organize. Recruit. Engage.**

## for Public Schools

## It all starts January 4-5, 2013

Become a member of CCEA's M.O.R.E. for Public Schools task force. This task force will be comprised of leaders in the schools and worksites. Leaders who know, too well, the price we will pay if we don't engage legislators throughout the 2013 Legislative Session. Together, we will educate legislators about the real needs in our classrooms and schools.

If you are willing to lead your colleagues into action — work to mobilize, organize, recruit, and engage teachers to demand more for our schools — join us for a M.O.R.E. for Public Schools strategic training session.

**January 4 & January 5, 2013**  
**8:00 a.m. 5:00 p.m.**  
**Culinary Academy of Las Vegas**  
 710 W. Lake Mead Blvd.  
 North Las Vegas, 89030

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# Know Your Benefits

## Understanding the Health Improvement Benefit

The Teachers Health Trust knows how important it is for our participants to continuously strive to maintain optimal health. One of the most common mantras heard at the Trust is "Prevention Today for Wellness Tomorrow™." The Trust offers the Health Improvement Benefit to our participants as a way to help you work towards adopting and/or maintaining a healthy lifestyle.

The Health Improvement Benefit is available only to licensed employees covered under the Diamond and Platinum Plans. Dependents are not eligible for this benefit. The plans will pay up to \$50 per calendar year for the following health improvement programs and activities: Health club memberships, personal training, tobacco prevention counseling & education and weight management support groups (TOPS, Weight Watchers, etc.).

## Filing a Claim for the Health Improvement Benefit

You must submit a **Health Improvement Reimbursement Form** and itemized receipt to the Trust within one year of receipt date. The form will require inclusion of the following information: Your identification and/or social security number, name and address, telephone number, date of birth, service for which reimbursement is requested, amount paid for services. Handwritten or non-itemized receipts will not be accepted and will not be eligible for reimbursement under this benefit.

Please be aware that the following items are not covered under this benefit: Medications and supplements; fitness and exercise equipment, books; magazines or journals; videos, compact discs, DVDs or any other electronic media or device; entry fees for fitness, exercise or charity events; eligible programs' and activities' charges over the \$50 calendar year benefit.

This benefit is separate from (and therefore not reimbursed as part of) the \$600 Preventive/Routine Care Benefit. For more information regarding the Health Improvement Benefit, call us at (702) 794-0272 or visit us online at [www.teachershealthtrust.org](http://www.teachershealthtrust.org). To download the **Health Improvement Reimbursement Form**, visit [www.teachershealthtrust.org/Forms](http://www.teachershealthtrust.org/Forms).