

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Summer 2013 ☼ Volume 12, Issue 2
For Teachers by Teachers


2013 WellFit for Life & Best Weigh to Go *Winners' Showcase*

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Trust Tidbits

Trust Office Closures

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

Safely Taking Off Pounds Weight Management Program

The WellFit for Life program has come to a close but the Trust is still here to help you continue a healthy weight loss regimen. S.T.O.P. is designed to provide participants a selection of providers utilizing different methodologies, tools and resources that best fit their needs. The program is open to all participants and/or eligible dependents enrolled in a Diamond, Platinum or Retiree medical plan. For more information, visit www.teachershealthtrust.org or contact the Wellness Division via phone at (702) 866-6192 or e-mail wellness@teachershealthtrust.org.



Vacationing, Prescription Drug and Non-PPO Benefits

The summer months are here again and the Trust hopes you will be enjoying some well-earned free time visiting fun locales outside of Clark County. Participants in need of prescription medications while on vacation should know that CVS Caremark services are available nationwide. All participants can obtain an additional 30-day supply of their prescription medication once per calendar year. If you will be away for an extended period, be sure to discuss the additional supply with your pharmacist.

Also, all participants travelling this summer should be aware of their non-PPO benefits:

Emergency Care: Paid as In-Network.

Urgent Care: Deductible is waived and Trust pays 70% of the Eligible Medical Expense.

Standard Care: Office visits, consultations and/or treatments will be processed as out-of-network.

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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

The time has come for me to step down from my current position as CEO of the Health Trust on June 30 and to find time to pursue some ideas that I have perhaps allowed to remain dormant for too long. On July 1, 2013, Michelle Spellman will become the Chief Executive Officer of the

Trust and Brenda Kelley will assume the position of Chief Operating Officer. Both of these women have been working at the Health Trust for many years and are exceptionally qualified to move into their respective positions. The Board of Trustees has asked me to continue performing legal services for the Health Trust and to act in a consulting and advisory capacity, as needed. I will still have an office at the Trust, but will only be using it on a limited basis.

At the same time that I am stepping down, contract negotiations between CCEA and CCSD are getting ready to begin. Proper funding of the Health Trust is vital to its mission to provide all of you with the best health benefits possible at the most reasonable cost. All of us at the Health Trust solicit your support in letting the School Board know how important this benefit is to you and that the continuing increase in health care costs requires appropriate funding. The premium increase passed by the Board of Trustees last September has still not been acknowledged by CCSD and negotiations are ongoing regarding that issue. This increase is needed to stabilize the Health Trust's cash flow requirements. At the same time, the Health Trust has adequate reserves to ensure its continued operations.

In 2014, most of the changes made by the Affordable Care Act will be implemented and there will be many changes in the delivery of health care and the options available to people for insurance coverage and benefits. Politics will have a role in these changes as there are numerous proposals in Congress for changes to this law and all of us will have to wait to see what the system looks like when the dust settles.

My tenure at the Trust has been a meaningful period in my life and I have truly enjoyed the opportunity to interact with so many caring and dedicated people. While I will miss that interaction, my recent birthday reminded me it is time to move on. Thank you for your efforts and support on behalf of the Health Trust, which I hope will continue in the future.

Sincerely,

Chief Executive Officer
June 2013

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This special program supports those with diabetes and their caregivers. As a member, you'll enjoy exclusive savings, earn Double Extrabucks® Rewards, and more every time you shop.



Top 3 Reasons To Join

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- 2. You'll earn exclusive benefits**
Earn Double ExtraBucks Rewards (that's 4% back) on over 100+ products that you need. Visit CVS.com/diabetes for the full list.
- 3. Our newsletter offers tips, recipes and savings**
Sign up at CVS.com/diabetes to receive the members-only email.

More ways CVS/pharmacy saves you time and money.

-  **CVS.com/diabetes**
Get special savings, recipes, share your diabetes story and ask questions of our CVS pharmacist year-round.
-  **Rx Caregiver**
Fill and manage prescriptions online for those you care for at CVS.com/caregiver.
-  **Monitoring Made Easy™ at MinuteClinic®**
Nurse practitioners provide exams and education needed to manage diabetes at a time convenient for you. Find your nearest clinic at minuteclinic.com.*
-  **Text Alerts for Prescription Pickup**
Sign up at the pharmacy or drive thru window today to receive a text alert when your next prescription is ready for pickup.
-  **ReadyFill®**
Enroll at the pharmacy to refill maintenance prescriptions automatically.
-  **Online Prescription Management**
Get access to your prescription records, order refills, and more all online with a CVS.com pharmacy account.
-  **myCVS™ On the Go**
Download the app that allows you to scan your prescription refills from wherever you are, whenever you want. Visit CVS.com/mobile/onthego.

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* CVS/pharmacy reserves the right to modify the terms of this program.
** Offer applies only to selected diabetes-related products and does not apply to prescriptions or MinuteClinic® purchases. Excludes alcohol, gifts cards, lottery, money orders, prescriptions, postage stamps, pre-paid cards, tobacco products or items reimbursed by a government program.

* Service not available in MA. Must be age 18 and older. Restrictions may apply.
** Some restrictions apply.

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Diabetes Day in May

2013 Event in Review



The 2013 Diabetes Day in May event was another great success for the Trust! The annual event was held on Saturday, May 11, 2013 at Sunrise Hospital, and it was the place to be! Sunrise Hospital, once again, partnered up with us to make Diabetes Day in May free to both our participants and the community at large. Guests were introduced to educational classes, programs, support groups, screenings and a Diabetes Education Seminar presented by Dr. Anthony V. Borgia and Rebecca Eberly, CDE/RD.

Whether you have been newly diagnosed or have been living with diabetes for many years, Diabetes Day in May is an excellent opportunity for your friends, family members and yourself to obtain information about services and resources focused on assisting all to lead a better and healthier life. Diabetes Day in May will surely return in 2014, so be sure to mark your calendars and

make it a point to attend next year's event.

The Trust owes an enormous thank you to Sunrise Hospital for all they do to help and support our teachers not only for this important event but throughout the year.

*Olga Singleton, Contributor
Teachers Health Trust*

Those in attendance had the opportunity to visit a wide array of participating vendors and were able to schedule future appointments to utilize their services. Quite a few vendors were also offering free screenings, such as Nevada Eye Care Professionals. They conducted vision screenings and helped to educate visitors on how diabetes specifically affects the vision. Premiere Physicians performed Body Mass Index (BMI) analyses and offered essential how-to information about making healthy day-to-day choices. The services provided by our providers allowed participants and guests the knowledge required to feel empowered to manage and improve their health and quality of life. The Trust wishes to express our gratitude and appreciation to all the participating vendors!

As always with Trust events, we like to take a little time out for some fun! An abundance of raffle prizes was given away. European Massage provided a heavenly 15-minute massage to all who were interested and healthy treats were made available throughout the event. Sunrise Hospital allowed guests hands-on access to the first totally "intuitive" laparoscopic surgical robot in existence, da Vinci! More than 8,500 surgical procedures have been completed using the da Vinci Robot and on-site demonstrations helped to illustrate the new technology. What an opportunity it was to actually play with the robotic technology!

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2013 WellFit for Life & Best Weigh to Go: Individual Winners




Nancy Mellor
M.J. Christensen E.S.
Novice
71.52 miles




Erin Giblin
Sandra Thompson E.S.
Advanced
301 miles




Guy Wadas
James Cashman M.S.
Advanced
418 miles




Felicia Norris
Chaparral H.S.
Extreme
631.2 miles




Ramona Morgan
J.E. Manch E.S.
Novice
42.00 miles



Barbara Naftal
Laura Dearing E.S.
Extreme
1,654.52 miles



Judy Epstein
Francis H. Cortney M.S.
Advanced
398.23 miles




Eden Little
ECSE Program
Intermediate
248.87 miles




Michelle Stephenson
Eva Wolfe E.S.
Intermediate
291.28 miles




Denise Carson
Doris Reed E.S.
Extreme
713.25 miles




Kimberly Jefferson
Thurman White M.S.
Extreme
1,085.59 miles



Evie Ward
Visually HDCP
Advanced
342.77 miles



Ann Marie Foster
Theron & Naomi Goynes E.S.
Intermediate
275.51 miles




Pamela Mello
Canarelli M.S.
Novice
64.32 miles




Carol Campbell
Palo Verde H.S.
Novice
72.62 miles




Gerald Villa
High Desert State Prison H.S.
Novice
69.12 miles



Lisa Lee
Marion Cahlans E.S.
Intermediate
234.05 miles



Monica Valtierra
Jerome Mack M.S.
Intermediate
283.97 miles




Harold Nichols
Durango H.S.
Intermediate
292.07 miles




Robert Swift
Variety
Extreme
1,411.91 miles




Maribel Cervantes
Ruth Fyfe E.S.
Intermediate
179.36 miles




Scott Carter
Thurman White M.S.
Intermediate
280 miles




Dena Demman
Palo Verde H.S.
Advanced
594.46 miles



Lori Fletcher
Trust/CCEA
Intermediate
98.56 miles



CeCe Meyer
Marion Cahlan s E.S.
Advanced
511.13 miles

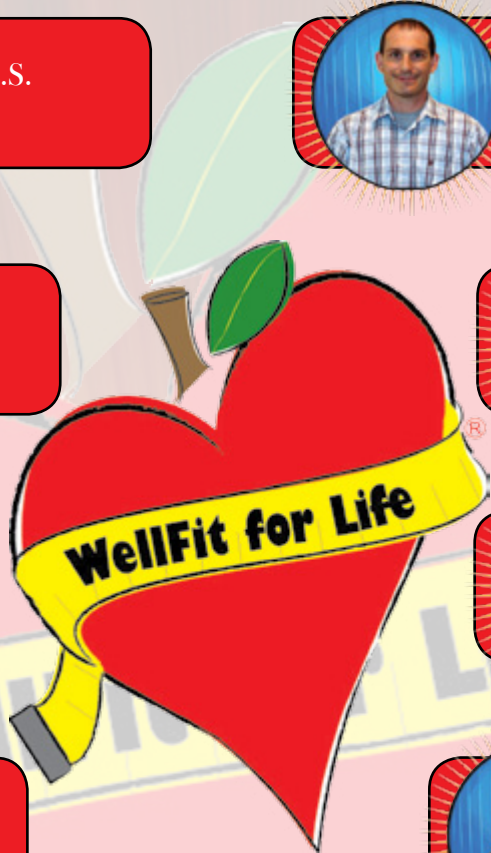


Kim Steinberg
Francis H. Cortney M.S.
Intermediate
201 miles



Kimberly Aitken
Durango H.S.
Advanced
344.71 miles

Not Pictured
Samuel Toomer, Arbor View H.S.
Sharri Marley, Visually HDCP



Divisional Winners

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 "spring break."

SPR ING

(1)

ME
AW

(2)

SIGN
.....

(3)

DASHOTRK

(4)

H DINNER
S DINNER
A DINNER
W DINNER

(5)

AAAAA
HER

Report Card

See answers on page 12.

Elementary School

Marion Cahlan
Eva M. Wolfe
Ruth Fyfe
Jack Dailey

Middle School

Brian & Jeri Cram
Thurman White
Francis H. Cortney

High School

Palo Verde
Durango

Special School

Variety

Rural School

High Desert State Prison

Licensed Department

Visually H/DCP

Best Weigh to Go Winners

...and a few honorable mentions.

2015 Best Weigh to Go
1st Place

Total Loss
94 pounds
22.82%

ROCK & ROLL

2015 Best Weigh to Go
2nd Place

Total Loss
67 pounds
16.5%

TEAM LEWIS



2015 Best Weigh to Go
3rd Place

Total Loss
78 pounds
15.6%

WEEN

Kids Korner

2013 Back-to-School Immunization Workshop

Participants with school-aged children in need of annual immunizations should be sure to mark their calendars for the 2013 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 7, 2013. Space is limited, so participants must RSVP to attend this workshop. Online RSVP begins Monday, June 10, 2013. **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 7, 2013
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!

Tips for a Less Stressful Shot Visit



Before Getting Shots

Come prepared! Take these steps before your child gets a shot to help make the immunization visit less stressful on you both.

- Read any vaccine materials you received from your child's health care professional and write down any questions you may have.
- Find your child's personal immunization record and bring it to your appointment. An up-to-date record tells your doctor exactly what shots your child has already received.
- Pack a favorite toy or book, and a blanket that your child uses regularly to comfort your child.

For older children

- Be honest with your child. Explain that shots can pinch or sting, but that it won't hurt for long.
- Engage other family members, especially older siblings, to support your child.
- Avoid telling scary stories or making threats about shots.

At the Doctor's Office

If you have questions about immunizations, ask your child's doctor or nurse. Before you leave the appointment, ask your child's doctor for advice on using non-aspirin pain reliever and other steps you can take at home to comfort your child.

Try these ideas for making the shots easier on your child.

- Distract and comfort your child by cuddling, singing, or talking softly.
- Smile and make eye contact with your child. Let your child know that everything is ok.
- Comfort your child with a favorite toy or book. A blanket that smells familiar will help your child feel more comfortable.
- Hold your child firmly on your lap, whenever possible.

For older children

- Take deep breaths with your child to help "blow out" the pain.
- Point out interesting things in the room to help create distractions.
- Tell or read stories.
- Support your child if he or she cries. Never scold a child for not "being brave."

Once your child has received all of the shots, be especially supportive. Hold, cuddle, and, for infants, breastfeed or offer a bottle. A soothing voice, combined with praise and hugs will help reassure your child that everything is ok.

After the Shots

Sometimes children experience mild reactions from vaccines, such as pain at the injection site, a rash or a fever. These reactions are normal and will soon go away. The following tips will help you identify and minimize mild side effects.

- Review any information your doctor gives you about the shots, especially the Vaccine Information Statements or other sheets that outline which side effects might be expected.
- Use a cool, wet cloth to reduce redness, soreness, and swelling in the place where the shot was given.
- Reduce any fever with a cool sponge bath. If your doctor approves, give non-aspirin pain reliever.
- Give your child lots of liquid. It's normal for some children to eat less during the 24 hours after getting vaccines.
- Pay extra attention to your child for a few days. If you see something that concerns you, call your doctor.

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MENTAL MUSCLE ANSWERS
 1. Me and my shadow 2. Sign on the dotted line
 3. A shot in the dark 4. Wash up before dinner
 5. Straight A's on her report card

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