

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Summer 2012 ✿ Volume 11, Issue 2
For Teachers by Teachers

2012 WellFit for Life & Best Weigh to Go
Winners' Showcase p. 10

What Parents Should Know
About Childhood Immunizations p. 7

Notifying the Trust of Status Changes
The Importance to Your Benefits p. 17



Attention Participants
BE SURE TO MARK YOUR CALENDAR



17th Annual Health Festival

SATURDAY, OCTOBER 20, 2012/9:00 A.M. – 1:00 P.M.

COX PAVILION AT UNIVERSITY OF NEVADA, LAS VEGAS

Hosted by the Teachers Health Trust, 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.

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

Summer is here – once again. This is always a busy time for the staff at the Health Trust as historically the number of medical and dental claims has spiked during the summer season. It is also the time when we begin to finalize arrangements for the annual Health Festival that is held in October. The protracted labor contract negotiations

and the arbitration proceedings that took place during the current fiscal year placed additional stress on the Trust staff, making it more difficult to keep up with the services the Trust provides on a daily basis. In the final analysis, the future existence of the Trust was not an issue brought up when the final offers were made to the arbitrator by CCSD and CCEA. Despite all of the diversions caused by these proceedings, your claims were still paid on a timely basis and you received the same efficient level of service that has been our goal for many years. We continue to be here to serve you and intend to do so for many years to come. We all owe a round of applause to the dedicated staff at the Trust for their ability to achieve this goal in the face of the obstacles that confronted the Trust this year.

As we look to the future of health care in the United States, there are many formidable obstacles facing us, one of which is completely out of our control. By the end of this month, the U. S. Supreme Court will no doubt render a decision on the issues surrounding the Patient Protection and Affordable Care Act (commonly referred to as the “health reform law”). This law, which was enacted in 2010, will have a major impact on the delivery of health care in the future. There are also some issues which are within our ability to control, such as smoking and obesity. There have been numerous attempts made by many organizations and governmental entities to deal with these issues. Some have achieved varying levels of success and others have failed. Obesity is now a major contributing factor to the onset of numerous chronic diseases and to the escalating cost of health care. Personally, I am concerned the most about juvenile obesity, which is increasing at an alarming rate and which has been shown to contribute to a predisposition for chronic diseases later in life. The culture in our country blatantly promotes unhealthy eating for our children and many of us, as adults, do nothing to address the problem. Many children are not encouraged to take part in physical activities as part of their daily lives. Rather, they exercise their thumbs playing video games, texting and surfing the web and TV, all while sitting on the couch. Every credible study has shown that diet and exercise are the keys to a healthy lifestyle, yet many of us tend to ignore this for ourselves and our children and instead opt for the instant gratification that sugar, fats and an overabundance of available fast food choices give us. There is a steep price associated with this lifestyle, both in the health problems associated with poor eating habits and lack of exercise and in the financial costs associated with treating chronic diseases. Each of us has a choice to make when it comes to our health – please choose wisely.

On a more mundane note, there is an article inside this edition about notifying the Trust when there are changes in your life, such as marriage, spousal insurance, etc. Also, the Trust does not have current addresses for many of you. If you move and do not tell us, we cannot contact you. It's up to you to keep the Trust informed. Enjoy the summer and stay healthy!

Sincerely,

Peter Alpert

Chief Executive Officer
 June 2012

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On the Cover



Once again, it is time to celebrate our teachers and families who have made their way into the WellFit for Life and Best Weigh to Go winners' circle. Turn to page 10 and celebrate their success with us.

Also, if you have school-aged children, turn to page 6 for details on this year's Back-to-School Immunization Workshop.

Keeping Kool Recipe Watermelon Salsa



This summer, enjoy a tasty, low-fat treat. Serves: 8

Nutritional Information (Per Serving)

Calories: 26

Fat: 0g

Cholesterol: 0g

Carbohydrates: 7g

Fiber: 1g

Protein: 1g

Sodium: 75mg

Ingredients

- ♥ 3 cups finely diced seedless watermelon
- ♥ 2 jalapeno peppers, seeded and minced
- ♥ 1/3 cup chopped cilantro
- ♥ 1/4 cup lime juice
- ♥ 1/4 cup minced red onion
- ♥ 1/4 teaspoon salt

Directions

1. Finely dice watermelon.
2. Seed and mince jalapenos and red onion.
3. Chop cilantro.
4. Stir well in a medium bowl.
5. Add and stir lime juice into combination.
6. Season with salt.
7. Serve chilled.
8. Enjoy.

Trust Tidbits

Trust Office Closures

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

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.



Thank You!

Our heartfelt thanks to you, the dedicated teachers in the Clark County School District. The countless hours you spent organizing your worksites, attending School Board meetings & rallies, e-mailing the Trustees & Superintendent, as well as communicating with parents about our fight to protect teachers and the education of our students, resulted in an arbitration decision in favor of teachers.

Your active participation has strengthened the organization and the teaching profession. As we move our fight for adequate K-12 education funding to Carson City, we urge you to get involved. If you are a member of CCEA, thank you for your continued membership & support. If you are not, it is not too late -- visit www.ccea-nv.org to download an application today.

Together we will become the face and voice of public education.

Clark County Education Association | 4230 McLeod Drive, Las Vegas, NV 89121 | 702-733-3063 | www.ccea-nv.org

Kids Korner

2012 Back-to-School Immunization Workshop

Participants with school-aged children in need of annual immunizations should be sure to mark their calendars for the 2012 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 8, 2012. Space is limited, so participants must RSVP for this workshop to attend. Online RSVP begins Monday, June 4, 2012. **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.**



What Parents Should Know

About Childhood Immunizations

Whether on play dates or playgrounds, children are usually surrounded by other children - sharing toys, holding hands, and whispering secrets. While it seems as simple as kids play, children may be putting one another at risk for a variety of infectious illnesses, from the common cold to more serious diseases. However, armed with the facts, parents can help protect their children against these preventable diseases. Below are some questions you may have.

Is My Child at Risk for Serious Diseases?

Keeping children safe from illness can be tough, no matter how diligent you are about cleaning, sanitizing, and regular hand washing. Children may unintentionally be putting one another at risk for a variety of infectious illnesses, both minor and more serious, while interacting in any setting where there is close contact, such as day care. However, just as there are steps parents can take to help prevent their children from catching a cold, there are steps they can take to decrease the chances their children will get a vaccine-preventable disease.



What Can I Do to Help Protect My Child from Serious Disease?

The role of immunizing children against vaccine-preventable illnesses begins within days of their birth. Vaccinations that prevent serious childhood diseases are given on "schedules" to ensure that children receive vaccines at the right time. The Centers for Disease Control and Prevention (CDC) recommend following these schedules.

What Vaccines are Included in the CDC's Recommendations?

There are 14 diseases that could be prevented with the routine childhood vaccinations recommended by the CDC, including:

- Diphtheria, Tetanus, Pertussis (Tdap)
- *Haemophilus influenzae* type b (Hib)
- Hepatitis A
- Hepatitis B
- Influenza
- Measles, Mumps, Rubella (MMR)
- Pneumococcal
- Polio
- Rotavirus
- Varicella (chicken pox)

* You can access the CDC's full childhood vaccination schedule at <http://www.cdc.gov/vaccines/events/niw/2010/downloads/educ/parent-ver-sch-0-6yrs-508.pdf>.

What Else Can I Do, in Addition to Vaccination, to Help Protect My Child?

In addition to vaccination, parents can help protect their children by making sure their environment is clean and well-maintained. Routine hygiene

practices such as frequent hand washing, disposing of used tissues, and keeping toys clean will help safeguard children against a variety of illnesses.

Where Can I Get More Information About Vaccinations for Children?

For starters, parents can visit www.cdc.gov/vaccines for more details about childhood vaccines. Most importantly, however, parents should also speak with their child's doctor if they have any questions and to make sure that their child's vaccinations are up to date.

Reprinted, with permission from www.cdc.gov



| | |
|------------------|---|
| Date: | Wednesday, August 8, 2012 |
| 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!



Smoking, Heart Disease, and Stroke

Cancer is not the only health risk of smoking. If you smoke, you are at higher risk of heart disease and stroke. Here are the facts¹:

- People who smoke are 2 to 4 times more likely to have heart disease than people who don't smoke
- For people who smoke, the risk of having a stroke nearly doubles
- In almost 35% of Americans who die due to smoking-related diseases, the cause is heart and blood vessel disease

The risk of a heart attack or a stroke goes up even more if smokers have other risk factors. These include^{2,3}:

- A family history of heart disease and stroke
- Older age
- High cholesterol
- High blood pressure
- Overweight
- Diabetes
- An inactive lifestyle

Also, women who take birth control pills have a higher risk of heart disease and stroke if they smoke cigarettes.⁴

Secondhand smoke is the smoke that others breathe from your lit cigarette or the smoke you exhale. It raises the risk of heart disease and stroke, too.⁴

What smoking does to your heart

Smoking raises the risk of heart and blood vessel disease for a few reasons. It⁴:

- Blocks the heart's arteries, which can lead to a heart attack
- Raises blood pressure
- Decreases high-density lipoprotein (HDL or "good") cholesterol
- Increases the chance of blood clots
- Lowers exercise capacity



Reduce your risk

The good news is that you may reduce your risk of heart disease and stroke. You may reduce your family's risk if you smoke in the home too. You can do these things by quitting smoking. Your risk starts to go down within the first year after you quit.⁵

By 5 to 15 years, your risk of stroke may be the same as a person who never smoked. And by 15 years, your risk of heart disease may be about the same as a person who never smoked.⁵

Have you already had a heart attack or stroke? Smokers who have had a heart attack cut their chance of having another one in half when they quit smoking.⁶ Talk to your doctor—and quit today.

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References:

1. American Heart Association. Heart Disease and Stroke Statistics—2008 Update At-a-Glance. 2008. http://www.americanheart.org/downloadable/heart/1200082005246HS_Stat%202008.final.pdf. Accessed March 2, 2008.
2. American Heart Association. Risk factors and coronary heart disease: AHA scientific position. <http://www.americanheart.org/presenter.jhtml?identifier=4726>. Accessed March 2, 2008.
3. American Heart Association. Stroke risk factors. <http://www.americanheart.org/presenter.jhtml?identifier=4716>. Accessed March 2, 2008.
4. American Heart Association. Cigarette smoking and cardiovascular diseases: AHA scientific position. <http://www.americanheart.org/presenter.jhtml?identifier=4545>. Accessed March 2, 2008.
5. National Institutes of Health. Thinking about quitting? What are the benefits? <http://tobaccofree.nih.gov/quitting.htm>. Accessed March 2, 2008.
6. Ockene IS, Miller NH, for the American Heart Association Task Force on Risk Reduction. Cigarette smoking, cardiovascular disease, and stroke: a statement for healthcare professionals from the American Heart Association. *Circulation*. 1997;96:3243-3247.

Teachers Health Trust Smoking Cessation

Participants attempting to quit smoking should be aware that the Teachers Health Trust Wellness Division does offer online access to information, support and resources through our Smoking Cessation section. To learn more, visit www.teachershealthtrust.org/Wellness today and get on track to beat the pack!

2012 WellFit for Life: Individual Winners



Ramona Morgan
J. E. Manch E.S.
Novice Division
40.50 miles



Scott Goldstone
CVT Gilbert E.S.
Advanced Division
304.54 miles



Ernest Ashby
William E. Orr M.S.
Advanced Division
392.33 miles



Dena Demman
Palo Verde H.S.
Advanced Division
512.5 miles



Vera Schwankl
Mark L. Fine E.S.
Novice Division
64.06 miles



Allan Lord
Ruth Fyfe E.S.
Advanced Division
341.63 miles



Stephenia Courtney
William E. Orr M.S.
Advanced Division
409.1 miles



Evie Ward
Visually HDCP
Extreme Division
1,158.34 miles



Ann Marie Foster
Goynes E.S.
Intermediate Division
189.06 miles



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



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



Eden Little
ECSE Program
Advanced Division
349.46 miles



Sophia Harris
Kirk Adams E.S.
Intermediate Division
239.75 miles



Jolene Mitchell
Ulis Newton E.S.
Extreme Division
911.52 miles



Amy Wills
CCSD Personnel
Intermediate Division
205.07 miles



Robert Swift
Variety
Extreme Division
1,265.1 miles



Heather Rampton
Elaine Wynn E.S.
Intermediate Division
204.39 miles



Barbara Naftal
Laura Dearing E.S.
Extreme Division
1,548.39 miles



Kimberly Jefferson
Thurman White M.S.
Extreme Division
1,126.71 miles



Sheri Purtill
Trust Staff
Intermediate Division
368.77 miles



Dollye James
William E. Orr M.S.
Intermediate Division
261.63 miles




Jennifer Shaps
Durango H.S.
Novice Division
70.66 miles



Anastasia Smith
Marion Cahlan E.S.
Intermediate Division
204 miles



Kelly Ostrovsky
Carroll M. Johnston M.S.
Intermediate Division
295.89 miles



Elizabeth Castoe
Western H.S.
Intermediate Division
276 miles



Candy Smith
Trust Staff
Advanced Division
421.96 miles



Bridget Cochran
Eileen Connors E.S.
Advanced Division
456.5 miles



Paul Spindler
Lyal Burkholder M.S.
Intermediate Division
248.82 miles



Carol Campbell
Palo Verde H.S.
Intermediate Division
268.8 miles

Not Pictured
Denise Carson, Reed E.S.
Pamela Moss, Cram M.S.
Sonja Wooten, Escobedo M.S.
Gina Toth, Durango H.S.

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)

KIND KIND

(2)

SLEEPING JOB

(3)

WELL THAT

(4)

INTESTINE intestine

(5)

b m + tivalne

See answers on page 20.

Division Winners

Elementary School

- Ruth Fyfe
- Ruby S. Thomas
- Kirk Adams
- Will Beckley

Middle School

- Brian & Teri Cram
- Thurman White
- William E. Orr

High School

- Durango
- Mojave

Special School

- Variety

Licensed Department

- Visually HDCP

Worksite Breakfast

- Mojave

Lifetime Achievement Award

- Cassandra Gifford

Best Weigh to Go Winners

1st Place
Team Burton
Total Loss
90 pounds
21.28%

2nd Place
Double Stuff
Total Loss
60 pounds
18.87%

3rd Place
Weigh 2 Phat
Total Loss
93 pounds
16.97%



Services Requiring Prior Authorization

When it is Required and Who to Contact

Certain procedures and services require **Prior Authorization** to evaluate the medical necessity and appropriateness of the service. Accredited medical and behavioral health organizations conduct these reviews for the Trust.

Regardless of what the reviewing organization recommends, it is always up to you and your doctor to decide what, if any, care you receive. In the event you and/or your Physician do not agree with the authorization decision that you receive, your Physician may appeal the decision to the reviewing organization by providing (in writing) additional information to support the initial request for authorization.

You should advise your Physician to obtain **Prior Authorization** on your behalf if the services require it. **If Prior Authorization is not obtained, benefits for the service may be greatly reduced or not paid at all. Prior Authorization does not guarantee payment of benefits or determine what level of Plan benefits will apply.**

Medical Services

- Blepharoplasty (eyelid surgery)
- Botox Injections
- Breast Surgery
- Continuous Glucose Monitoring Device
- Cosmetic Surgery
- CT Scan
- Dialysis
- Durable Medical Equipment (valued at \$500 or greater)
- Durable Medical Equipment Repairs/Replacements
- Endoscopy
- Extended Network Benefit
- Hernia Repair
- Observation over 23 hours (Valley, Spring Valley, Summerlin, Centennial Hills and Desert Springs Only)
- Home Health Care
- Hospice Care
- Inpatient Admissions
- MRIs and MRAs
- Nerve Conduction Study/Electromyography (EMG)
- Oral Appliance for Sleep Apnea
- Pain Management (Nerve Blocks)
- PET Scans
- Sclerotherapy (Vein Surgery)
- Skilled Nursing Facility
- Transplant and follow-up transplant services
- Virtual Testing (when diagnosis is present)

Please contact Health Care Partners at (702) 216-3361 or (877) 823-0485

EFFECTIVE UNTIL JUNE 30, 2012
Continue to contact Telligen for all medical services prior authorization at (800) 779-4158.

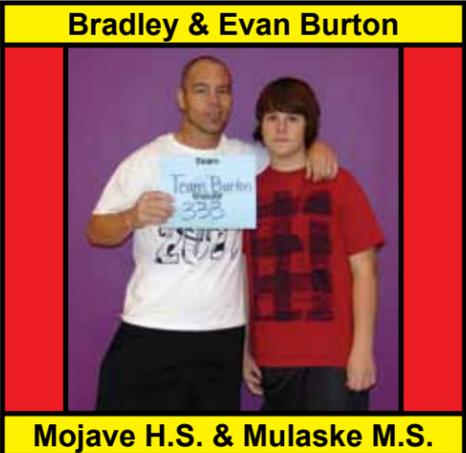
Mental Health/Chemical Dependency

- Inpatient or Partial Hospitalization
- Outpatient Therapy in excess of 24 visits for Therapists, Counselors or Group Therapy
- Electroconvulsive Therapy (ECT)
- Neuropsychological Testing
- Residential Treatment Centers
- All outpatient visits for Psychiatrists & Mental Health Nurse Practitioners
- Psychosocial Rehabilitation



Please contact HBI at (702) 248-8866 or (800) 441-4483

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



Not long ago, the Best Weigh to Go competition was updated to include teams made up of teachers' families. This inclusion was made with the belief that when fitness is a family affair, healthy living becomes part of the household routine and family activities. This year, our first place winners, Team Burton, provided the proof.

Team Burton consists of the father and son duo, Bradley and Evan. Bradley Burton teaches at Mojave H.S. In addition to his teaching duties, he coaches both the school's wrestling and soccer teams. Evan Bradley is an aspiring athlete completing the seventh grade at Molasky M.S.

From the start, both Burtons knew they wanted to make some changes to their fitness and exercise habits. For Brad, his time spent with the athletes of Mojave H.S. helped him realize he needed to make these changes. He was eager to get back to his optimal fitness level and he saw the competition as a great way to get started.

Meanwhile at the Burton home, Evan was looking for a way to begin taking his training to the next level. As a

student athlete, he knew it would be pivotal to his improvement. For him, his dad's desire to team up for Best Weigh to Go was exactly what was needed.

With their goals set, father and son began the 12-week trek that is the Best Weigh to Go competition. While each looked ahead to achieving their individual fitness goals, the most important factor was the chance for father and son to work together as a team.

For the Burtons, the program proved beneficial as a family endeavor, culminating in three generations of the family playing a role. Brad's brother and sister-in-law formed a team and his father (Evan's grandfather) was constantly providing encouragement. Given that he is 83 and still making a point of completing his workouts at Gold's Gym 4-5 days a week, it meant a lot. Both Brad and Evan express that the family's support proved vital throughout the program. For Brad personally, though, it was Evan who proved to be most motivating. "Seeing how disciplined and dedicated he was, it made me proud and I knew I could not let him down. That helped me to stay focused."

Clearly, the support and dedication paid off. At the onset, the team goal was to lose 20% of their starting weight. After 12 weeks, they had lost just shy of 22%. For others hoping for similar results, Brad offers this advice, "Set goals, be realistic and take it day by day. Remember that trying to do everything all at once and all at the start can be discouraging, so stay consistent but maintain your own pace."

*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.



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.



Diabetes Day in May *2012 Event in Review*

May 19, 2012 marked the successful Diabetes Day in May at Sunrise Hospital. We are happy to report that feedback from participants and vendors alike has been quite positive.

This year's event included a wide array of vendors and services focused on assisting our participants in the prevention and treatment of diabetes. Additionally, information on cardiac and cancer care was included this year. 2012 offered all in attendance the chance to visit and schedule services with organizations such as Nutrition for Life, Pancreatic Cancer Action Network, The Shepherd Eye Center and many more.

As with all Trust-sponsored events, there was no shortage of fun to be found via raffle prizes, massages and healthy treats.

Diabetes Day has become a mainstay in the Trust's event cycle and we look forward to applying your feedback to ensure 2013 is even bigger and better. The Trust would like to heartily thank Sunrise Hospital for all the help and support this year as our partner for this important event.



For Your Benefit

Notifying the Trust of Status Changes

Life moves fast, and the circumstances of our individual lives are often, if not constantly, in flux. Fortunately, when it comes to your health benefits, the Trust is here to assist you in determining how changes in your life impact your coverage. Keep in mind, though, that the Trust can only help if we are aware of these changes. Be sure to notify the Trust of any status changes that occur, such as:

- ◆ Address Change
- ◆ Marriage
- ◆ Domestic Partnership
(Commencement/Dissolution)
- ◆ Divorce
- ◆ Birth
- ◆ Adoption
- ◆ Death
- ◆ Additional Coverage
(Obtained/Cancelled)

Remember that your coverage and that of your family is based on your current status. It is essential that you always complete all necessary forms related to status changes or claims (e.g. Coordination of Benefits or Third Party Liability forms).



It is essential that participants stay diligent in reporting any status changes so that the terms of your coverage remain accurate. If you are unsure whether a circumstance warrants informing the Trust, simply call the Customer Service department at (702) 794-0272 or (800) 432-5859.

If you don't provide the information the Trust needs to coordinate your benefits, claims payments will be delayed or denied. Failure to follow your primary carrier's referrals, authorizations, provider protocols, filing period guidelines, and all other requirements may also result in a denial of benefits.

Insurance Card Sticker

Effective July 1, 2012, Health Care Partners (HCP) will be the new medical prior authorization review company for Teachers Health Trust participants. For more information about this change and the services that require prior authorizations, turn to page 14.

In order to ensure that our participants have all important contact information for prior authorizations, informational materials and adhesive stickers have been sent via mail to all participants. Upon receipt, place the sticker(s) on the back of your ID card(s) and present it to your providers to ensure your providers' office(s) contact the correct company for prior authorization.

If you have already received authorization from Telligen (*formerly known as Encompass*), for a procedure, you will not require a new authorization from HCP.

Additional stickers are available at the Trust office or you may contact the Trust at (702) 794-0272.



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) 866-6192 or e-mail at wellness@teachershealthtrust.org.



END FOOT PAIN NOW • END FOOT PAIN NOW • END FOOT PAIN NOW • END FOOT PAIN NOW

ABSOLUTE FOOT CARE

Evening Hours Open Saturdays

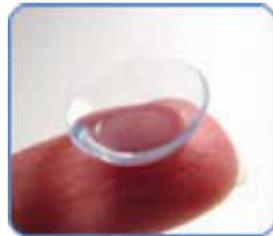
Most insurance accepted.

Call for an Appointment (702) 839-2010

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www.absolutefootcarelv.com

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Eye Care Intervention: *4 Bad Habits You Need to Quit, Stat*

You may be surprised at some of the simple things you could be doing that can damage your eye health and vision. Breaking these bad habits starts with learning what's okay—and what's not—when it comes to your eye care routine.

Are your contacts really clean?

Some of the most common mistakes that contact lens wearers make are not cleaning, disinfecting, and storing their lenses properly. Make sure to follow your eye doctor's and lens manufacturer's instructions for handling and taking care of your contact lenses. Remember:

Some of the most common mistakes that contact lens wearers make are not cleaning, disinfecting and storing their lenses properly.

- Always wash your hands before handling your contact lenses.
- Replace your contacts and case regularly.
- Clean and store your lenses according to your doctor's instructions.
- Never re-use or "top off" contact solution.

The damage control approach

"It's important to get your eye exam annually, not just when something goes wrong or you think you need new glasses," says J. Bradley Oatney, O.D., a VSP doctor at Riverview Eye Associates in Columbus, OH. "Your VSP doctor can be a valuable resource in helping to identify the effects of conditions such as hypertension, elevated cholesterol, and diabetes which can all be devastating to your eyesight."

- Tell your doctor if you're experiencing eye strain, double vision, pain, or dry eyes, or if you're seeing spots or lights.
- Before you leave, schedule your next appointment.

Digital device overdose

Do you find it hard to tear your eyes away from your smart phone? You're not alone—and, you're in the company of many eye strain sufferers. "To ease eye strain, I recommend the 20-20-20 rule," says Dr. Oatney. "Simply look away from your screen and look at something 20 feet away for 20 seconds every 20 minutes."

Computer screen glare can be a problem too. Arrange the lights in the room so they don't shine directly on your computer screen, or move your computer to another location if necessary. Other solutions include non-glare coating for glasses, glare-reducing contact lenses, and anti-glare screen options.

When sharing isn't caring

Do you occasionally use your friend's mascara, eye drops, or contact solution, or let others borrow yours? Doing this can spread unwanted bacteria and make you and your eyes sick. So, keep your eye products to yourself. A few final reminders:

- To avoid an eye infection, don't let the tip of your eye drops bottle actually touch your eyes.
- After an eye infection, replace any makeup or applicators that come in contact with your eyes. You don't want that infection all over again!

2012 Health Festival

TALENT CONTEST

SATURDAY, OCTOBER 20, 2012

COX PAVILION AT UNIVERSITY OF NEVADA, LAS VEGAS

Students of the Clark County School District

are invited to demonstrate their talents in:

| | |
|--------|------------------------------------|
| Comedy | Magic |
| Dance | Music (Singing/Instrumentation) |
| Drama | Poetry |

**AUDITIONS WILL BE HELD AT THE TEACHERS HEALTH TRUST ON
SATURDAY, SEPTEMBER 22 & SATURDAY, SEPTEMBER 29.**

*Stay tuned, more details to come at
www.teachershealthtrust.org beginning August, 2012.*



TEACHERS HEALTH TRUST
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MENTAL MUSCLE ANSWERS
 1. Two of a kind 2. Sleeping on the job 3. That
 went over well 4. Large and small intestines
 5. Be my valentine

Thank You, 2012 Diabetes Day in May Sponsors



American Cancer Association
 American Heart Association

Family Dental
 Lung Cancer Association

Nevada Neuroscience Institute