

Caring is good. Doing something is better.SM

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This calendar contains information about non-insurance products and services. The availability of these products and services will vary.

PacifiCare is not affiliated with the following Web sites: www.aabb.org; www.aace.com; www.wcn.org; www.americanheart.org; www.preventblindness.org; www.ada.org; www.nbcam.org; www.lungusa.org; www.adha.org; www.diabetes.org; www.cancer.org; www.familycaregiver.org; www.3dmonth.org; www.pueblo.gsa.gov; www.nsc.org; www.thejessescase.org; www.partnersforimmunization.org; www.psorfasts.org; www.jpma.org; www.saday.gov; www.healthhygine.net; www.nhlbi.nih.gov; www.preventcancer.org/colorctal; www.eatright.org; www.counseling.org; www.apma.org; www.nystl.org; www.bettersleep.org; http://hin.nhlbi.nih.gov/nhbdp_kit/; www.nmha.org;

- 1 12 Tips to Prevent Colds and Flu the "Natural" Way, www.my.webmd.com.
- 2 www.americanheart.org.
- 3 Dark Chocolate is Healthy Chocolate, www.my.webmd.com.
- 4 Study conducted by Dr. Charles P. Gerba, Microbiologist, University of Arizona.
- 5 KidsHealth[®] - www.kidshealth.org.
- 6 Sleep Well...Encourage the Sandman to Visit, Lynn Newhall, RN, MS, CS, www.my.ephit.com.
- 7 The Foundation for Accountability (FACT) 1999 Paul Elwood Award for Leadership.
- 8 www.my.ephit.com.
- 9 www.pacifiCare.com, under Health Programs and Taking Charge of Asthma[®].

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Healthy Habits

2006
HEALTH TIPS
and PLANNING
CALENDAR



look
better,
feel
better



take
control
of your
health



live the
healthier
life you
want

EVERYONE WANTS

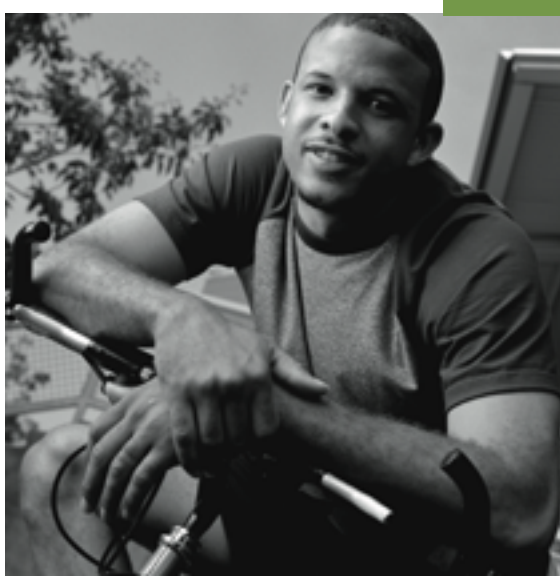
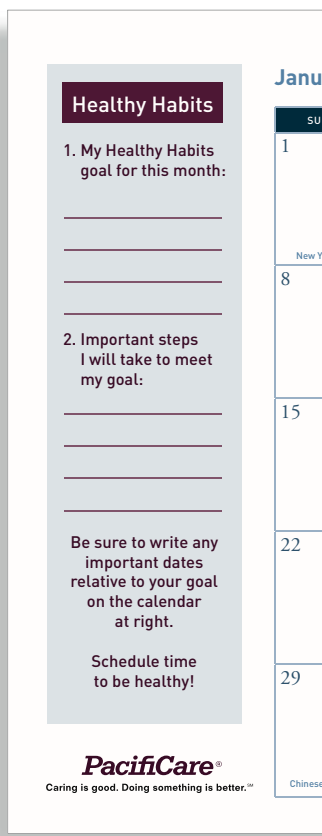
to be healthier, right? To have more energy, look better and feel better. But many of us are locked into unhealthy habits which sap our energy and make us vulnerable to disease.

If you've ever tried to go on a diet or stop smoking, you know how hard it can be to change your habits. That's why we created this Healthy Habits calendar – to help you take the first steps toward changing your unhealthy patterns into the kind of healthy ones you long for.

Each month, next to the calendar days, you'll find the **Healthy Habits workspace**, where you can fill

in your health goal for the month, and then break it down into simple steps. Be sure to transfer those steps to specific days on the calendar – you have to schedule time to be healthy! The more you make this calendar your own, the more likely you are to stay on track.

Take it slowly, and don't let setbacks discourage you – old habits die hard. Just start again the next day by reviewing your goals and taking the next step. Be sure to talk with your doctor before making any big lifestyle changes like dieting or starting a new exercise program. But even the smallest step you take helps you create new Healthy Habits for yourself, setting you on the road to better health, more energy and confidence. Here's to your health!



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January

Volunteer Blood Donor Month
www.aabb.org

Thyroid Awareness Month
www.aace.com

Cervical Health Month
www.wcn.org

PacifiCare HealthCreditsSM

PacifiCare HealthCredits is an online health program designed to reward PacifiCare enrollees for participating in healthy activities. You can select from a variety of programs to help you achieve your Healthy Habits goals this year.

- Customize your own:
 - nutrition plan
 - physical fitness/exercise plan
 - life skills plan
 - activity and nutrition plan for kids and teens
- Interact with a certified personal trainer/coach with our *Expert Coaching*.
- Check out health and nutrition articles, healthy recipes and more at *The Clubhouse*.
- Earn credits that let you take advantage of savings on health-related products.

For more information, visit
www.ephit.com/pacificare/healthcredits.htm



PacifiCare wishes you
and your loved ones
a happy and healthy
2006!

New Year's Resolutions

A new year, a new beginning. It's a great time to start creating new Healthy Habits for ourselves, such as:

1. Stop smoking
2. Start exercising
3. Improve your diet
4. Achieve a healthy weight
5. Make dinner time, family time
6. Mend a relationship that has been causing stress in your life
7. Listen to your kids
8. Listen to your parents
9. Make time for yourself every day

What will your healthy resolutions be? Choose from our list or create your own, and have a healthy year!

My 2006 Healthy Resolutions

Healthy Habits

1. My Healthy Habits goal for this month:

2. Important steps I will take to meet my goal:

Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

January 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5	6 Epiphany	7
8	9	10 [Eid] al Adha	11	12	13	14
15	16 Martin Luther King, Jr., Birthday Observed	17	18	19	20	21
22	23	24	25	26	27	28
29 Chinese New Year	30	31 Islamic New Year	<p>Break Your Resolutions Already?</p> <p>Don't be discouraged! Good health is an ongoing process. Have fun with your health goals, and make every day a good health day.</p>			

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February

Heart Health Month
www.americanheart.org

Low Vision Awareness Month
www.preventblindness.org

Children's Dental Health Month
www.ada.org

Tips to Fight Colds and Flu¹

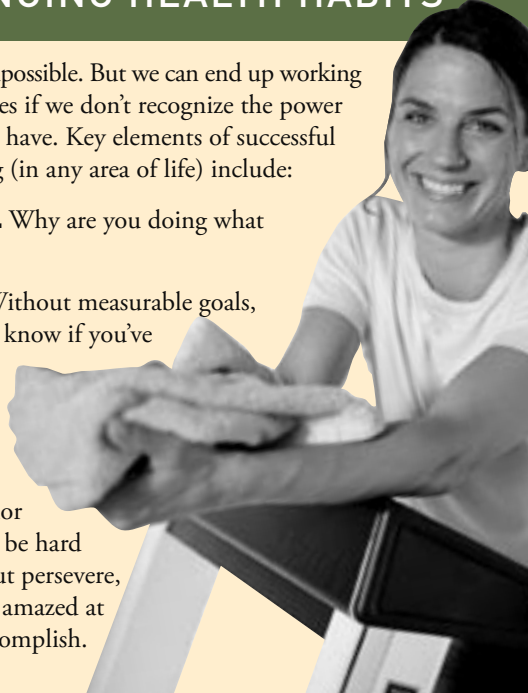
Believe it or not, the foods you eat can boost your immunity and work to ward off germs, colds and the flu.

- **Drink Plenty of Fluids**
Water flushes poisons out of your system as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluid each day.
- **Boost Your Immune System with Foods Containing Phytochemicals**
"Phyto" means plants. Phytochemicals abound in dark green, red, and yellow vegetables and fruits.
- **Eat Yogurt**
Studies show that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25 percent.
- **Wash Your Hands**
Reduce your risk of catching a cold or the flu by washing your hands frequently, for at least 20 seconds with soap and warm water.

CHANGING HEALTH HABITS

Change isn't impossible. But we can end up working against ourselves if we don't recognize the power that our habits have. Key elements of successful habit-changing (in any area of life) include:

- **Knowledge.** Why are you doing what you're doing?
- **Planning.** Without measurable goals, how will you know if you've met them?
- **Sticking to it.** Habits are so ingrained in our behavior that they can be hard to change. But persevere, and you'll be amazed at what you accomplish.



24-Hour Nurse Line and Audio Library

PacifiCare enrollees have free, 24-hour access to our Health Audio Library and Nurse Line! By calling 1-866-PHS-Health (1-866-747-4325) from anywhere in the United States (including Guam) anytime, enrollees can listen to prerecorded health topics, or be connected to a licensed registered nurse.

For a listing of the prerecorded health topics, go to the Member area of www.pacificare.com.

Healthy Hearts

There are a host of factors that could put you at risk for heart disease, but none greater than smoking. Smoking is a "gift that keeps on giving," since it also exposes others to the risk of coronary disease.²

Other controllable risk factors include:

- **Weight/obesity**
- **High blood pressure**
- **Physical inactivity**
- **Cholesterol**

A heart-healthy lifestyle includes eating a balanced and sensible diet, maintaining a healthy weight, exercising regularly, quitting (or not starting) smoking, and managing stress. And don't forget, visiting the doctor regularly is an essential part of keeping your entire body healthy.

Have you talked with your doctor about your heart health concerns? Why not schedule some time on your calendar now, and write out the important questions beforehand. For more information on heart health, go to www.americanheart.org.



Healthy Habits

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2. Important steps I will take to meet my goal:

Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

February 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21	22	23	24	25
26	27	28	<p>Chocolate: Good for You? Dark chocolate contains phenols, which may help lower blood pressure.³ But remember that chocolate is high in calories, so enjoy it in moderation.</p>			

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Women's Health Solutions®

PacifiCare's Women's Health Solutions provides programs and resources at every stage of your life – at no additional cost.

- **Oral Contraceptive Value Program** offers convenient delivery of birth control pills through PacifiCare's Prescription Solutions® Mail Service Pharmacy.*
- **Pregnancy to Preschool** provides a free, online resource to help moms and moms-to-be when they need it, "from conception to the classroom."
- **Parenting Adolescents** brings you information on teen social health and other personal issues they may face today.
- **Menopause: Understanding Your Options** will help you make informed decisions about your health, before, during and after menopause.

For more information on these and other women's health programs, visit www.pacificare.com.

* For enrollees whose health care coverage plan includes a prescription drug benefit.

March

Colorectal Cancer Awareness Month
www.preventcancer.org/colorectal

National Nutrition Month
www.eatright.org

Workplace Eye Health and Safety Month
www.preventblindness.org

Did you know? There's more **bacteria** on your office phone than a **toilet seat**. Don't worry, though – one disinfecting wipe a day can reduce bacterial levels by up to 90 percent.⁴

Eating Healthy

It seems that everyone talks about eating healthier, but many of us haven't got a clue about how to begin. Healthier eating has long-term benefits in preventing and fighting disease, gives you more energy, and makes you look better and feel better. Here are a few simple ways to improve your diet. Be sure to talk with your doctor about any dietary changes you're considering.



Control your portions

According to the new USDA food pyramid, one portion is:

- 1/2 cup of cooked rice, pasta or cereal
- 3/4 cup of juice
- One cup of milk or yogurt



Add some healthier foods to your diet

- Fresh fruit & vegetables
- Air-popped popcorn
- Lean meat, poultry or fish that is not fried
- Water



Avoid these foods

- Candy
- Cookies
- Chips
- French fries
- Fried foods
- Too much salt
- Sodas
- Too much juice



Tips for eating out

- Ask for nutrition information
- You don't have to clean your plate, ask for a take-home box

Healthy Habits

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Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

March 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tips for Safer Lifting With your back straight, center your body over your feet and pull the object close to you. Pull in your stomach, and lift with your legs, not your back. When you turn, turn with your feet, not your back.			1 Ash Wednesday	2	3	4
		5	6	7	8	9
12	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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April

Counseling Awareness Month
www.counseling.org

Foot Health Awareness Month
www.apma.org

Youth Sports Safety Month
www.nyssf.org

Sports Safety⁵

- Soccer, football, baseball, track and field, mountain biking, golf – it's time for outdoor sports. Make sure your muscles are ready, your equipment is up to standards and your activity takes place in a safe location.

Warm up for at least 15 to 20 minutes. Include slow, gradual stretching to help lengthen your muscles and increase your blood flow and muscle temperature.



Wear the protective gear that is approved for the sport.



Don't try to "play through" an injury the way professional athletes often do. More likely than not, you'll only make matters worse. Take care of the injury, and if serious, consult your doctor.



Interested in Alternative Care?

Through the PacifiCare PerksSM program and our association with American Specialty Health[®] (ASH) Networks, PacifiCare enrollees have access to **chiropractors, acupuncturists, massage therapists and dieticians** at discounted rates. Call ASH Networks Affinity program at the toll-free number, 1-877-335-2746, for more benefit information. Have your PacifiCare ID card handy.

WELLNESS PROGRAMS

In addition to offering care for you when you're ill, PacifiCare offers specialized health management programs that help improve or maintain your health, with topics like quitting smoking, managing diabetes and heart health. **For more information, go to www.pacificare.com.**

Lean Lifestyle Quiz

Excess body weight is a major health concern associated with an increased risk for many diseases. Take this test to see whether your lifestyle contributes to becoming overweight.

- | | Yes | No |
|--|--------------------------|--------------------------|
| Do you read food labels to determine the number of fat grams per serving? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you try to avoid foods high in fat? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you limit your sweet treats to one low-fat serving per day? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat 2 – 3 cups of vegetables a day? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat whole grain breads, rice, pasta, cereal, beans or potatoes every day? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat at least three pieces of fruit a day? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you use non-fat toppings? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you limit your alcohol consumption to two or fewer drinks a day? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you use the stairs instead of the elevator or escalator when possible? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you like to work outdoors (i.e. gardening)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you take time to participate in recreational activities (bowling, dancing, golf)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you participate in cardiovascular exercise activity 4 – 5 times a week? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you perform strength-training exercises 2 – 4 times a week? | <input type="checkbox"/> | <input type="checkbox"/> |

Totals: Yes ___ No ___

- **10 or more YES answers**
You are paying attention to your health!
- **7 – 9 YES answers**
Concentrate on changing "no" answers to "yes"!
- **6 or fewer YES answers**
We recommend you see a registered dietician for advice on how to improve your health.

Healthy Habits

1. My Healthy Habits goal for this month:

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Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

April 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Helmet Head: A Healthy Hairstyle Helmets are one of the most effective ways to protect your head in many sports. Wear the right helmet for the right sport, one that fits well and is not damaged. When selecting a helmet, look for a CPSC (Consumer Product Safety Commission) sticker. Be sure to wear it according to the manufacturer's directions.						1
2	3	4	5	6	7	8
Daylight Saving Time Begins						
9	10	11	12	13	14	15
Palm Sunday				Passover	Good Friday	
16	17	18	19	20	21	22
Easter						
23	24	25	26	27	28	29
	30		Administrative Professional's Day			

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Creating Healthy Relationships

Marriage and family counselors know that one of the most important ingredients for a relationship is good communication. That's true for all work, social and personal relationships. When we disagree, the problem is not usually the disagreement itself, but the feelings that it produces and the way we try to resolve them. Here are some tips on how to better communicate for healthy relationships.

- **Be clear about the issues.**
- **Don't get personal – no insults, sarcasm or personal attacks.**
- **Focus on the issue at hand.**
- **Don't exaggerate. Avoid statements that begin with "You always" or "You never."**
- **Don't interrupt.**
- **Stay calm. Talk in a relaxed, respectful voice.**
- **Listen. Really try to hear the other's point of view.**



Switching up your workout routine can combat boredom, and it's a good way to **avoid repetition injury**. So if you normally run four days a week, run for three and maybe take a spinning class. If you cycle five times a week, consider switching off with an aerobics class or a power-walk.



Latino Health Solutions

PacifiCare is committed to providing our enrollees access to high levels of care. We created Latino Health Solutions to meet the special needs of our Latino enrollees. The program offers health education, information and increased access to care for Latino enrollees, Spanish-language information and more. For more information visit www.pacificarelatino.com

May

Better Sleep Month
www.bettersleep.org

High Blood Pressure Awareness Month
http://hin.nhlbi.nih.gov/nhbpep_kit/

Mental Health Month
www.nmha.org

Sleeping for Health

Sleeping is one of the great simple pleasures. It's also essential to good health. Sleep deprivation impairs your ability to function in the same way that drinking too much alcohol would, and not getting enough sleep can actually "help" you get sick!

How much sleep is enough? On average, adults need seven to eight hours of sleep. If you're nodding off at work, you may not be getting enough sleep, or not sleeping well enough.

To get a good night's sleep, develop a sleep routine. Don't eat or drink right before bedtime. Try a warm bath, a relaxing book, music, or whatever relaxes you. If you still can't get to sleep, get up, and try again later. Talk with your doctor if you are still not sleeping well.

Healthy Habits

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Schedule time to be healthy!

May 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
					Cinco de Mayo	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Mother's Day	21	22	23	24	25	26
	Victoria Day (Canada)			Ascension Day		
28	29	30	31	<h3>Relax.</h3> <p>Here's a great way to refresh and relax yourself after a stressful day: Find a quiet, darkened room. Lie flat on your back and concentrate on relaxing each part of your body starting at the top of your head and finishing with your toes. It takes a little practice, but it's worth it.⁶</p>		
	Memorial Day					

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Protecting Your Skin

Burning to get out in the warm summer sun? Exposure to too much of a good thing can cause you harm – no matter what your age or skin tone. Follow these tips to protect your skin:

- Choose the right sunscreen**
 Select a sunscreen with an SPF (Sun Protection Factor) of 15 or higher. Pick one that offers protection from “UV rays within the A and B spectrum.”
- Don't forget your sunglasses**
 The same rays that harm your skin can also damage your eyesight.
- Provide sun protection for your kids**
 Young skin and eyes can be damaged by the sun, too. But don't ever use sunscreen on children younger than six months old.
- Avoid the most intense sunlight**
 If you can, avoid direct sunlight between 10 a.m. and 3 p.m.
- Check your prescriptions**
 Some medications (like antibiotics) can increase your skin's sensitivity. If you're taking any medication (prescription or over-the-counter), check with your pharmacist or physician. Insect repellent with DEET also reduces the effect of sunscreen.

Even if you've tanned and burned before, protect your skin this summer – it's never too late!

June

National Safety Month
www.nsc.org

Fireworks Eye Safety Month
www.aao.org

Can I protect myself from the sun by building up a tan in a tanning booth?



No, you can't. Tanning booths and sunlamps don't help protect your skin – they damage it. Ask your doctor for more information.

PacifiCare PerksSM

- This value-added program offers potential savings from five to 40 percent on selected health-related products and services. Choose and save from a wide range of categories: Child Safety, Healthy Home, Pharmacy & Personal Care, Fitness and Weight Management, Alternative Care, Vision, Hearing and Personal Safety. If you're a PacifiCare enrollee, there's no extra premium charge!

Step Outside

Take advantage of the great weather and head outside for your daily exercise!



Go for a swim – laps or play time, whatever suits you.

Ride a bike (don't forget that helmet).

Get your heart pumping with a brisk walk or jog.

Take the dog on a long walk and stop to smell the flowers.

Healthy Habits

1. My Healthy Habits goal for this month:

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Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

June 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Trip Tip Before you check out, check in with your doctor for any health-related warnings about your vacation spot. You may need an immunization, or be advised to avoid certain activities or foods.				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27	28	29	30	

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July

Group B Strep Awareness Month
www.thejessecause.org

UV Safety Month
www.aao.org



Swim Safely

IT'S ALWAYS TIME TO GIVE

There's a Chinese proverb that says, "He who helps others, helps himself." There are so many opportunities available to help others, to pass on your skills and your kindness. Along the way, you might learn a few new skills and discover some very good things about yourself.

Volunteer at a local nursing home, the hospital or a community center



Coach youth sports



Teach an adult to read



PacifiCare's QUALITY INDEX® Profiles*

These award-winning⁷ public reports provide clinical, service and affordability measures on participating provider group and hospital performance in selected areas. **To view results, go to www.pacificare.com.**

- At the beach or pool, never take your eyes off young children.
- Don't depend on personal flotation devices to keep children above water.
- When water play is done, put everything away, so that young children are not tempted into the water unsupervised.
- Even if you feel cool in the water, don't neglect your sunscreen.

Food Preparation Safety

The Centers for Disease Control and Prevention estimate that Americans get sick approximately 76 million times per year from contaminated food. Avoid food-borne illnesses at your Fourth of July picnic with these food-handling tips:

- Wash your hands with warm water and soap for 30 seconds before preparing food.
- Wash your hands again after handling poultry, meat or seafood and before handling anything else.
- Throw away old cutting boards with cracks or crevices that could hold bacteria.
- Wash all fruits and vegetables.
- Don't leave food sitting out for more than two hours at room temperature.
- Thaw frozen foods in the refrigerator, not on the counter.
- Don't refreeze uncooked meat, fish or poultry.

* QUALITY INDEX profiles not available in all markets.

Healthy Habits

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Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

July 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check Your Car Kit</p> <p>Heading out on a road trip? It's a great time to double check your car kit to make sure it includes these items:</p> <ul style="list-style-type: none"> ■ First-aid kit ■ Fresh water ■ Snacks, especially non-perishable, high-energy bars ■ Blankets ■ A plastic 1/2 gallon container to carry water in case your radiator runs dry ■ Compass ■ Flashlight and extra batteries ■ Emergency flares or markers ■ Window sign requesting aid 						1
2	3	4	5	6	7	8
		Independence Day				Canada Day
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	30	31				

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Preparing to See the Doctor

Most of us would rather not think about going to the doctor, but there is one thing you can do to make those trips easier: prepare yourself!

When you're making an appointment to see a specialist, check to see if you need to make special arrangements, such as arranging for someone to drive you home or taking any precautions.

If you're going in with a specific complaint, make sure you can tell your doctor SPECIFICALLY what you're feeling. If you need to, write it down!

Remember, a little planning can make a visit to the doctor practically painless.

August

Immunization Awareness Month | Eye Injury Prevention Month | Psoriasis Awareness Month

www.partnersforimmunization.org | www.aao.org | www.psoriasis.org

PacifiCare's Dedicated Customer Service

We know that quick access to information and answers is essential, so we have live customer service, with English- and Spanish-speaking representatives. Have a question about your health care coverage? Just call the customer service number on the back of your ID card, and we'll be glad to help you.

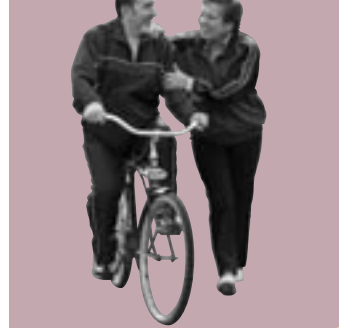
Straight Talk About Depression

Everyone has experienced "the blues." It's normal, and we all know that it will pass. But, if a blue mood hangs around for a prolonged period, that may be a medical condition and may require professional help. Untreated, depression can affect your energy, concentration, sleep patterns, appetite, and provoke troubled thoughts and feelings.

Almost 10 million American adults have some form of depression, and it affects nearly twice as many women as men. Medication and therapy are often prescribed, and help many. Some research suggests that nutrition and exercise can also help.

Depression is treatable. Don't try to cope with it alone. Talk to your doctor about the Taking Charge of Depression® program from PacifiCare, and ways that it can empower you in the management of a serious, but common, mental health condition.

SETTING HEALTH GOALS



Set a goal that you can measure. Instead of "I want to look better," say something like "I want to lose 15 pounds by working out at the gym three times a week." That way you have definite results that clearly reveal if you are hitting the mark or not.

Use a realistic timeline. Wanting to lose 15 pounds may be healthy. Doing so in two weeks may not be a realistic expectation. Break down your goals into short time segments. Achieve the smaller goals, and you'll feel pride in seeing your efforts pay off.



Cut yourself some slack. Instead of punishing yourself for slip-ups, give yourself credit for having good intentions and resolve to do better next time.

Healthy Habits

1. My Healthy Habits goal for this month:

2. Important steps I will take to meet my goal:

Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

August 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Immunizations Back-to-school is coming. Now's a good time to check with your physician and make sure that your family's immunizations are up-to-date.		1	2	3	4	5
	6	7 <small>Civic Holiday (Canada)</small>	8	9	10	11
13	14	15	16	17	18	19
20	21	22 <small>Isra al Mi'raj</small>	23	24	25	26
27	28	29	30	31		

September

Baby Safety Awareness Month
www.jpma.org

5-A-Day Month
www.5aday.gov

Healthy Aging Month
www.healthyinging.net

Cholesterol Education Month
www.nhlbi.nih.gov

PACIFICARE'S CONVENIENT PHYSICIAN ACCESS

Our physician networks offer you access to a large number of physicians and hospitals. Depending on your specific health care coverage plan, your physician may refer you to a specialist, or you may self-refer to specialists. No matter what PacifiCare health care coverage plan you have, we make it easy and convenient for you.

Exercise



People who exercise sleep better, wake up with more energy, are more alert and better able to concentrate, and are better prepared to deal with stress.

Exercise helps with weight control, cancer prevention, boosts your immune system, fights osteoporosis and arthritis, and helps with depression and anxiety.⁸

Talk with your doctor about ways you can make exercise one of your Healthy Habits, and start reaping the benefits!

Here are some ideas to get you started:

- Take the stairs at work.
- Take part in a local soccer group – team sports are a great way to schedule time to be healthy.
- Bike with your family.
- Check out the local gyms.
- Try signing up for a new sport or exercise class. The enjoyment of learning will help you stay committed.



Back to School

As your family eases back into the hectic pace of school and after-school activities, don't let your Healthy Habits get lost in the hurry. Be prepared for the onslaught of colds and viruses that back-to-school brings. Kids are germ magnets, so get plenty of rest and plenty of exercise to ward off illness.

7 things you can do today to help your kids stay healthy

1. Start the day with a good breakfast.
2. Pack a nutritious lunch. Make it interesting, or they may trade it.
3. Kids are hungry when they come home from school; be sure to have healthy snacks at the front of the refrigerator.
4. Encourage outdoor activities. After a long day in school, your children need to burn off all that pent-up energy.
5. Get them to drink plenty of water.
6. Stop smoking. Secondhand smoke clogs their lungs too.
7. Make sure they get a good night's sleep. A tired body is more susceptible to illness.

Healthy Habits

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September 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sing Germs Away To help keep you healthy and fight the spread of germs and bacteria, try humming a song that you know is about 30 seconds long while you wash your hands. Teach your kids to wash their hands properly, too.					1	2
3	4 Labor Day	5	6	7	8	9
10	11 Patriot Day	12	13	14	15	16
17	18	19	20	21	22	23 Rosh Hashanah
24 Ramadan	25	26	27	28	29	30

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Caring is good. Doing something is better.™

What Counts as a “Serving”?

We hear it all the time on TV and read it in our newspapers and magazines: “Americans eat too much! Even if we make healthy food choices, our portions are too big.” In this land of plenty, what constitutes a serving? Here are some examples from the United States Department of Agriculture’s guidelines:

- One slice of bread
- 1/2 cup of cooked rice, pasta or cereal
- One ounce of ready-to-eat cereal
- One medium apple, banana or orange
- 3/4 cup of fruit juice or vegetable juice
- 1/2 cup of diced, cooked or canned fruit
- One cup of milk or yogurt
- 1-2 ounces of cheese
- 1/2 cup of chopped raw or cooked vegetables
- 2-3 ounces of cooked lean meat, poultry or fish
- 1 egg
- 1/2 cup of cooked beans
- 2 tablespoons of peanut butter or 1/3 cup of nuts

For more information on the United States Department of Agriculture’s food guidelines, visit www.pueblo.gsa.gov.

October

Breast Cancer Awareness Month
www.nbcam.org

Healthy Lung Month
www.lungusa.org

Dental Hygiene Month
www.adha.org

PacifiCare Mail-Order Pharmacy Solution*

You can use the Mail Service Pharmacy Program to order your maintenance medications and have them delivered directly to your home. It’s easy and convenient – just call 1-800-562-6223 or 1-800-498-5428 (TDHI) for the hearing impaired, Monday-Friday, 5am-9pm (PST), Saturday & Sunday, 7am-7pm (PST). We’ll need your prescription information and your provider’s name and phone number.



Breathe Easy

Most of us take breathing for granted. We may be irritated by tobacco smoke or high levels of air pollution, or have difficulty breathing when we have a cold or a respiratory illness. But, more than 14 million people of all ages have **asthma**, and their airways can become even more restricted.⁹ If you have asthma, know your triggers and avoid or control the things that make your asthma worse. Tobacco smoke, mold, dust mites, pollens, strong odors and smoke are not only common triggers for asthma, but also for **allergies**, and, of course, tobacco, mold and dust mites are just plain **unhealthy**. Do what you can to eliminate them from your life.



TIPS FOR A SAFER HOME

According to the U.S. Environmental Protection Agency, poison centers in the United States receive a call every 15 seconds about someone being exposed to a poison. Here are some steps you can take to prevent poisonings in your home.

- **If you suspect poisoning, call the poison control center at 1-800-222-1222 immediately.**
- Don’t take or give medicine in the dark.
- Don’t put non-foods in food containers.
- Young children put everything in their mouths. If it’s not edible, keep it out of reach.
- Know which plants are toxic. Keep them out of reach or don’t have them at all.
- Keep poisonous substances locked away in a cabinet, and label that cabinet so that anyone coming into your home (such as a babysitter) will know.
 - Never leave open containers unattended.
 - Never use the word “candy” in association with medicine around children.

* For those enrollees whose health care coverage plan includes a prescription drug benefit.

Healthy Habits

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Be sure to write any important dates relative to your goal on the calendar at right.

Schedule time to be healthy!

October 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yom Kippur	3	4	5	6	7
8	9 Columbus Day Thanksgiving (Canada)	10	11	12	13	14
15	16 National Boss Day	17	18	19	20	21
22	23	24 (Eid) al Fitr	25	26	27	28
29 Daylight Savings Time Ends	30	31 Halloween	<h2>Oral Hygiene Basics</h2> <ul style="list-style-type: none"> ■ Don’t load up on Halloween candy ■ Brush your teeth for at least two minutes after eating and before going to bed ■ Floss once a day ■ See your dentist every six months 			

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November

American Diabetes Month
www.diabetes.org

Great American Smokeout
www.cancer.org

Family Caregiver Month
www.thefamilycaregiver.org

Scheduling Me Time

If everyone and everything else seems to come first – family, employers, neighbors, charities, community groups – you need to schedule some time for yourself. Whether it's an hour at the gym or a day at the spa, lunch with some old friends you haven't seen in a while because you've been too busy, or taking a quiet walk in a park, dedicate some time to rest, to laugh, and to reflect.



PERSONAL ASSISTANT NETWORK^{SM*}

Balancing family life and work, financial issues and projects can be very stressful. Wouldn't it be nice to have your own personal assistant at your beck and call who could offer the resources and expert advice you need? That's what the Personal Assistant Network is all about. This powerful and supportive resource from PacifiCare is a single-source center offering a vast range of quality resources, referrals and professional advice. It's available 24 hours a day, seven days a week.

The Personal Assistant Network^{*} offers help with:

- Financial Planning
- Legal Assistance
- Child- and Eldercare
- Community resources
- Convenience services
- Much, much more

* Program subject to availability by state and product; components may change.

Guard Against Colds and Flu

What can you do to reduce your chances of getting a cold or the flu this season?

To avoid getting sick

- See your doctor about vaccination
The single best way to prevent getting and spreading the flu is to be vaccinated each fall. But, there are people who should not receive the flu vaccine, so follow your doctor's advice.
- Avoid close contact
- Wash your hands regularly
- Avoid touching your eyes, nose or mouth – those are the key entry points for germs

If you do get sick

- Stay home and avoid close contact with others
- Get plenty of rest
- Drink lots of fluids
- Consult your doctor if your symptoms become serious

The Flu and Reye's Syndrome

Don't give aspirin to children or teenagers with flu-like symptoms without first speaking to your doctor. Aspirin may cause *Reye's Syndrome*, a rare but life-threatening condition that can affect children from infancy through 19 years of age.

Healthy Habits

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November 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Watch Your Eyes <ul style="list-style-type: none"> ■ Wear appropriate safety gear when playing sports or working with hazardous tools or materials. Eyeglasses and sunglasses are not protective gear. ■ Remove debris from the lawn before mowing. 			1 All Saints' Day	2	3	4
	5	6	7 Election Day	8	9	10
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving	24	25
26	27	28	29	30		

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Don't Stress

We all love the holidays, but sometimes – with the hectic pace, all the parties, the planning, the food, food, food – you get tired, your back hurts, your shoulders get tense, and you feel grouchy. You're stressed out. Try these relaxing techniques to help relieve that stress:

- Take a minute, close your eyes and breathe in slowly. Breathe out while you count 5 or 10 seconds. Do 10 of these super-relaxers any time you feel tense.
- Try this simple stretch to relieve shoulder and neck tension: starting at one side, gently roll your head in a half circle, then drop your chin to your chest, then roll your head to the other side.
- Take a long bath or treat yourself to a massage.
- Laugh. Go to a comedy club, see a funny movie, or spend time with a friend.
- Take the time to talk with a friend, mate or child.
- Create your own stress reducers and write them here:

December

Drunk and Drugged Driving Prevention Month
www.3dmonth.org

Safe Toys and Gifts Month
www.preventblindness.org

Online Convenience

Visit our award-winning Web site, www.pacificare.com, for interactive health information, our regularly updated doctor directory, information on the Mail Service Pharmacy program, health tips, resource links and much, much more.

HOLIDAY FOODS

They're special, they're delicious, and we indulge in them because this time only comes around once a year – but don't let the holidays derail your Healthy Habits that you've worked all year on!

- Enjoy a small portion of that special (but very rich) food. The best taste is in the first bite.
- Keep lots of nutritious snacks within easy reach.
- Limit your intake of alcohol – and *never* drink and drive.

Look at all you've accomplished this year. Keep up the good work in 2007!

PacifiCare wishes you all the best for a healthy, happy holiday season and new year.



Healthy Habits

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December 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Give Healthy For Kids Keep safety in mind – look for manufacturers' labels which offer age and safety advice. Be sure to get safety equipment, like helmets, when necessary. For Grown-ups What about giving a spa weekend, a healthy cookbook, or a gym membership?					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Hanukkah
17	18	19	20	21	22	23
24 Christmas Eve	25	26	27	28	29	30
New Year's Eve (Eid) at Adha 31	Christmas	Kwanzaa Boxing Day (Canada)				

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