

HEALTH TRACKS

A Practical Guide to Managing Your Health

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■ ACKNOWLEDGEMENTS

PEHP acknowledges the following people who spent many hours writing and organizing this book:

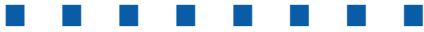
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Karen Ridges/ Project Manager
Teresa Glenn/Page Design & Production
Janet Lynn/Editing
Dan Andersen/Legal Advice

Medical and Dental Consultants:

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Kenneth Buchi, M.D.	J. Barry Nielsen, M.D.
Debbie Derrick, L.P.N.	Mary Jane Norman, M.D.
Kent C. DiFiore, M.D.	Cathryn Passey, L.P.N.
Randal France, M.D.	Don L. Reese, M.D.
Kurt Francis, M.D.	Richard Rosenthal, M.D.
Robert Griffith, M.D.	Robert M. Satovik, M.D.
Jay A. Jacobson, M.D.	Kim Y. Taylor, M.D.
M. Douglas Jenkins, D.D.S.	Richard Wallen, M.D.
Paula Julander, R.N.	John Zahniser, M.D.

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TO OUR MEMBERS

The Public Employees Health Program has an established commitment to improve the health of our membership.

We have recognized that a patient, with sound, understandable information, can make better choices regarding their personal and family health than when there is a lack of education and understanding.

To that end, we have researched, written and edited a new publication, *Health Tracks – A Practical Guide to Managing Your Health*. This is a new and timely health guide written specifically for our members to access information for the most common illnesses for which we pay health benefits. The Guide also emphasizes ways to prevent illness and sustain a health and active lifestyle. We hope that all of our members will use this guide, not only for pleasant reading, but a reference and information resource when faced with ill health.

Best wishes,

Linn J. Baker, Director
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