

**Yes! Please Send Me My  
FREE Personalized  
Lease Rewards® Card  
and/or a Vitamin Catalog**

Please fill out the following information  
to receive your FREE card and/or catalog:

Customer's Name:

Name to be Printed on Card:

(Place Address Label Here) or Print Address:

Account Telephone Number:

(       )

I would like to receive a *Lease Rewards*® card  
for big savings on prescription drugs and vision  
and hearing care.

Yes       No

I would like to receive a Vitamin Catalog with  
big savings on vitamins, nutritional supplements  
and personal care items.

Yes       No

Please cut out this section along the dotted line  
and place in the return envelope with your bill.

You will receive your *Lease  
Rewards*® Program Welcome  
Kit within 10 business  
days. Please allow up to  
four weeks for the Vitamin  
Catalog which will arrive in a  
large white envelope.



**LEASE**  
News & Views  
Fall 2017



*Music to Your Ears*



**Look inside for  
a music-themed  
crossword  
puzzle!**

QLT-134720



**Staying in Touch**  
with Kathy Sullivan



Welcome to another issue of *Lease News & Views*. Believe it or not the year is moving right along. Summer is now but a memory and we're into fall and gearing up for the winter seasonal holidays.

In this issue, we look at the many wonderful benefits of music. Not just as entertainment but also the physical and mental benefits music has on each of us at any age. Did you hate taking piano lessons as a child? Won't you be surprised to learn that even years later, those lessons can be valuable.

When you were in school did you take Art Appreciation or Music Appreciation? If you said music, hopefully that'll help you with the crossword puzzle we've included in this issue. We'll test your musical know-how.

Because you are a valued QLT customer, we also offer you the opportunity to take advantage of our popular and FREE *Lease Rewards*® card. It's available to you just for being a valued customer and with it, you can save on Prescription Drugs and Vitamins as well as Vision Care and Hearing Care. Getting started is just a phone call away at 1 (888) 831-4311 or by signing up with the attached form in this issue of *Lease News & Views*. Get your free card today and start saving!

As a small token of appreciation for your patronage, we have enclosed a 2018 calendar for your convenience. We hope that you will use it and think of us when you do. Have a wonderful 2018!

Sincerely,

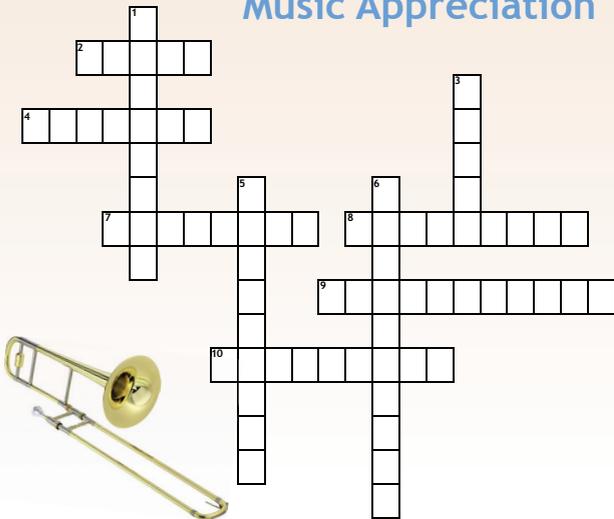
Kathy Sullivan, CEO  
QLT CLS

**Drop us a line with any questions or comments. We would love to hear from you!**

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Or, if you prefer, you may email Laurie at [info@qltcls.com](mailto:info@qltcls.com).



Crossword Puzzle  
Music Appreciation



ACROSS

- 2. Group of people singing together.
- 4. When a song gets stuck in your head.
- 7. Mozart's first name.
- 8. Tool used to keep the beat.
- 9. Meredith Wilson Broadway show starring Robert Preston and Barbara Cook.
- 10. Person who leads an orchestra.

DOWN

- 1. When the sun will come out.
- 3. Billy Joel is known as the \_\_\_\_\_ Man.
- 5. Opera singer Luciano \_\_\_\_\_.
- 6. Number of big trombones that led the big parade.

Across: 2) Choir; 4) Earworm; 7) Wolfgang; 8) Metronome; 9) The Music Man; 10) Conductor  
Down: 1) Tomorrow; 3) Piano; 5) Pavarotti; 6) Seventy Six

## Music is Good for Your Physical and Mental Health

We've all heard of people using music in different situations. Some expectant mothers listen to classical music. Often, surgeons play music as they operate. Professional and amateur athletes can be seen wearing headphones as they train. Neuroscientists have found that listening to music heightens positive emotion in the reward centers of the brain, which in turn stimulates the release of dopamine that makes us feel good.

Listening to good music can lift your spirits, but did you know that there are also health benefits to music? Researchers have been looking at ways that music can improve our mental and physical health. They have specifically been looking at how music can help patients recovering from surgery as well as how it could help improve outcomes in people with Alzheimer's.

There have been studies about the positive effects of music on hospital patients. When parents of children in the NICU played music to their babies, sang to them or listened to music, there were mutual benefits to both the parent and the child. Not surprisingly, the best results were seen when parents sang to their babies and a side benefit was seeing the parental stress reduce as well. There have also been studies of hospital ICU patients on ventilators. The studies showed that patients who listened to music relaxed, but those who did not listen to music

grew more tense. Music may even help regulate some body functions, synchronize motor skills and stimulate the mind. Believe it or not, at times, music has even had a more positive and lasting impact than medication.

Did you take music lessons as a child? Did you hate going? Turns out your parents were doing you a favor. Studies show that it's easier for older adults who took lessons at a young age to process sounds of speech later in life, than those who did not, even if those lessons were decades ago.

And then there's the effects of performing music. There are studies that show that when adults singing in choirs sang the same piece repeatedly, they had a tendency to synch up their breathing and heart rates, which resulted in a calming effect across the whole choir.

Music therapy has become a popular form of therapy. Music therapists share that listening to music can have the following positive effects: manage pain, improve mood, improve mobility, reduce the need for sedatives and pain relievers following surgery, reduce anxiety, lower blood pressure, lessen depression, boost concentration and creativity.

So go ahead and start singing, or playing the piano or listening to your favorite tunes. Not only will you feel better, who knows, you might decide to try out for "America's Got Talent" or "The Voice." Then everyone can benefit.

Sources: [http://www.huffingtonpost.com/2015/02/02/music-and-health-rock-on\\_n\\_6573132.html](http://www.huffingtonpost.com/2015/02/02/music-and-health-rock-on_n_6573132.html); <http://www.prevention.com/mind-body/natural-remedies/how-music-heals>; <http://www.nytimes.com/2013/11/12/science/long-term-benefits-of-music-lessons.html>



## Sing it from the Rooftops: The Lease Rewards® Card is FREE!

As your partner in good health, we'd like to offer you our FREE Lease Rewards® card just for being a valued customer. The Lease Rewards® card is accepted at large and small retailers across the country, including many right in your own neighborhood. With this card, you will get discounts on such things as Vision Care, Hearing Care, Vitamins and Prescription Drugs that can save you a lot!! This valuable program is just our way of letting you know how much we appreciate your business and how much we care about your health.

### Pharmacies:

Walgreens CVS Target.  
Plus More

Save 20% to 60%

### Vision Care Centers:

PEARLE VISION JCPenney Sears  
Plus More

Save 10% to 60%

### Hearing:

Hear USA Participating Providers.  
Call for locations closest to you.

Save 17% to 40%

### Vitamins, Supplements & Personal Care Items:

Available via mail order. Request your catalog using the form on the reverse side.

Save 25% to 50%

Request Your FREE card today!

### THREE EASY ways to get the card:

- 1 CALL TOLL-FREE 1 (888) 831-4311 Monday - Friday, 8 am - 8 pm ET
- 2 Visit our web site at [www.qtlcls.com](http://www.qtlcls.com) and click on the Lease Rewards® link on the left side bar
- 3 Or simply fill out the request form on the reverse side of this page and mail it in with your bill payment



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## Frequently Asked Question About Lease Benefits

How do I exchange a leased telephone?

Changing a leased phone is easy when you lease a telephone with us. With our Standard Next Business Day Delivery Service,\* simply call the Lease Customer Helpline at 1 (800) 555-8111 and place an order with us by 6pm ET (Monday-Friday) and we will deliver the product to your home or office the next business day—at no additional charge.\*



\*Some products (party line, hardwired, one-button telephones and ancillary products) may require special arrangements for replacement, repair or relocation. Arrangements can be made by calling our Lease Customer Helpline. \*A model change may result in a rate change.