



TEXAS HEALTH CARE NEWSLETTER

*Texas Health Care was founded to allow doctors to be doctors.
Our priority is simple: provide quality care to our patients.*

December 11, 2015

(Volume XII, Edition 25)



December Birthdays

Employee	Day	Employee	Day	Employee	Day
Ramona Berry	2	Laurie Donovan	11	Fareeda Bilal	23
Richard Estrada	2	Iris Sarmiento	11	April Sekoral	26
Karon Bailey	2	Magaly Salcido	11	Noel Duren	26
Marisol Gonzalez	2	Crystal Gillis	11	Aubrey Chesner	26
Stuart Tom	3	Rose Almaguer	12	Diego Sanchez Solis	27
Misty Tate	3	Kristie Hodges	13	Ramona Villarreal	28
Sharayne George	3	Cherrie Haswell	13	Sherry Parks	28
Daniel Garcia	4	Bridget Ramos	13	Heather Royster	28
Sonja Cash	4	Linda Lopez	14	Leslie Beltran	28
Nancy Acosta	5	Patricia Medina	16	Crisanta Castruita	29
Clare Hanrahan	5	Deanna Castro	17	Jennifer Moon	29
Carla Wylie	6	Monica Medina	17	Raniel Guss	30
Vicki Row	6	Aurora Wilder	17	Julie Bacas	30
Robyn Barber	7	Nayana Patel	19	Lisa Erwin	31
Aimee Wise	7	Kayla Witte	19	Melody Middlebrooks	31
Idalis Rivera	8	Teresa Jeffcoat	21	Adriana Geffen	31
Laura Holguin	10	Jasmine Martinez	21	Nikki Cox	31
Jessica Alanis	10	Joann Woods	23		
Jayla Hampton	11	Victoria Villagomez	23		



Employees enrolled in the United Healthcare medical/RX(prescription) plans this year will receive new identification cards at the end of the year. Make sure that you destroy the old card as the copay level has changed. Don't forget that you can obtain the "**Health4Me**" phone application for immediate access to your electronic identification card. You can also request duplicate cards from your personal web portal at the following:

Medical/RX Plan: www.myuhc.com



There are no identification cards for the dental plans. You can view your individual coverage information and print a paper card at the following:

Dental Plan www.aetna.com



There are no identification cards for the vision plan. You can view your individual coverage information and print a paper card at the following:

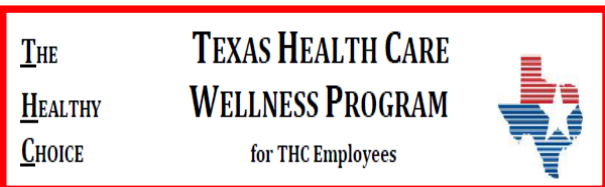
Vision Plan www.myuhcvision.com

401k Plan Entry

The following employees will be **automatically enrolled in the 401(k) Plan on January 1st** at the percentage rate of **4%**, **unless they affirmatively elect a different percentage rate or opt out of the automatic enrollment feature prior to December 31st** by logging into www.trsrretire.com or by calling a representative at 1-800-755-5801



Employee	Location Description	Employee	Location Description
Maria Barajas	Stroman/Broker/Kane	Brenda Gomez	Grant/Ratino/Ratino
Michelle Brady	NTWHC Keller	Stephanie Grimaldo	Tilkin/Morrissette
Brittany Brinson	Grant/Ratino/Ratino	Ashley Hartzog	Patel, Pareshkumar
Tamara Bynum	Staniland/Fisher	Elizabeth Johnson	Patel, Pareshkumar
Deanna Cason	Bahrami/Rajan	Laurie Kent	JPS SX
Dianna Chappell	OB Baylor #445	Etta Korenman	Collins/Korenman/Crudup
Anaiz Chavez	Grant/Ratino/Ratino	Nicole Lucas	Stroman/Broker/Kane
Karen Collins	Collins/Korenman/Crudup	Sonia Ponce	Grant/Ratino/Ratino
Nikki Cox	Grant/Ratino/Ratino	Julia Puente	Collins/Korenman/Crudup
Amanda Davis	Pennsylvania Ave	Samantha Pulido	Patel, Pareshkumar
Irma Delarosa	Patel, Pareshkumar	Shawna Rogers	OB Baylor #445
Elizabeth Devlin	Colleyville	Christina Romero	Anthony/Dean
Jessica Eshraghipour	Bone & Joint	Amber Ross	Bone & Joint
Somvang Flores	Pratt, Christopher	Heather Royster	Grant/Ratino/Ratino
Jennifer Garcia	OB Baylor #445	Terra Stephens	CDLBL
Lance Georgekutty	Mansfield, Surg Assoc	Sharyl Workman	Dalal



With Careful planning, you can avoid holiday weight gain (excerpt courtesy of UHC)



The holiday eating season can wreak havoc on your diet. There are the traditional holiday meals, plus countless parties and events hosted by friends, co-workers, and relatives throughout the season. As a result, American adults usually gain one to two pounds each year - including slightly less than one pound during the holidays. That might not sound like much. But over time, the extra weight can raise the risk of serious health problems such as diabetes, arthritis, and heart disease. With a little careful thought and planning, you can avoid holiday weight gain. **Plan ahead.** Visualize what you will do at the event or party before you arrive. This will help you stick to a plan.

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Other Collections Recognition Program

If you collect an outstanding patient balance for another THC Physician and complete the "**Other Collections**" form, you become eligible for a prize! The following employees collected for another THC Physician and competed for prizes in the month of November. HAVE YOU COLLECTED FOR ANOTHER PHYSICIAN?



Office	Collected By	Office	Collected By	Office	Collected By
BEKP	Baird, Leslie	S/FW	Henderson, Jana	HVMK	Sorrow, Sara
PM	Crawford Phillips, Sunny	GW	Parks, Sherry	Z/E	Wallis, Patti
Dearden	Cummins, Debbie	HVMK	Ramos, Cecilia	CDLBL	Winborn, Allegra
B-435	Haidusek, Lauren	GW	Richburg, Theresa	B-440	Zamora, Michelle

Winners: Leslie Baird, Theresa Richburg, Allegra Winborn and Michelle Zamora