



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.

March 04, 2016
(Volume XIII, Edition 05)

Set a Goal: Save for Retirement



401k QUARTER ENTRY (04/01/2016)

This is a reminder to staff that unless deferral is elected at a different percentage rate or the choice is made to opt out of the automatic enrollment feature **prior to March 31st**—employees below will be added to the plan for an automatic percentage rate of 4% on the first April check.

Employees should register/activate their 401K account online at www.trsuretire.com and follow instructions “New User? Get Started” or by calling a Transamerica Retirement Solutions Specialist at 800-755-5801.

For additional assistance, contact our Lawing Financial Consultant -Dion Nickel at 469/264-1187.

STAFF BELOW ARE ELIGIBLE TO PARTICIPATE IN THE 401K PLAN EFFECTIVE FOR APRIL 1ST

Last Name	First Name	Location Description	Last Name	First Name	Location Description
Acosta	Nancy	Chow and Heyne	Kindler	Karen	Stroman/Broker/Kane
Aguila	Lupita	OB Baylor #445	McGill	Rayanne	Wroten/Rear/Lesley
Atkins	Amy	CBO-WellMed	Medina	Patricia	Stroman/Broker/Kane
Barrios	Alberto	Marcella/Ew/Pat/Key	Miller	Andrea	CDLBL
Bilal	Fareeda	Liu	Mizener	Kimberly	CDLBL
Camacho	Lucia	Torres/Diaz	Rudolph	Erika	Dearden
Carlos	Anay	Torres/Diaz	Soto	Alexis	Grant/Ratino/Ratino
Cobb	Kerri	NTWHC Keller	Stidham	Debra	Liu
Duque	Mayra	N Beach OB/GYN	Tiwater	Ricky	CBO
Harris	Marivel	Patel, Pareshkumar	Villalovos	Valerie	Reaves

DON'T FORGET TO KEEP YOUR BENEFICIARY INFORMATION CURRENT



HEALTHY PREGNANCY

THE HEALTHY CHOICE TEXAS HEALTH CARE WELLNESS PROGRAM for THC Employees



Making healthy choices during pregnancy is important — but first you need information. That's why we offer the United Healthcare Healthy Pregnancy Program* at no cost to enrollees.

How Do I Get Started? Just call the customer service number on your medical ID card to enroll in the program. An experienced maternity nurse will ask questions to determine if you have any special needs. If you do, the nurse may refer you to your health plan's case management program. Feel free to talk about any concerns you may have. UHC nurses are there to provide education and support to make healthy choices during your pregnancy.

Valuable Information and Support -- All program participants receive important educational information on topics related to pregnancy. After delivery, you continue to receive support and helpful information about caring for yourself and your baby. Some educational materials are also available in Spanish. You can speak with a Healthy Pregnancy nurse Monday through Friday, from 8 a.m. to 11 p.m. Central Standard Time. Care24SM registered nurses are also available 24 hours a day, seven days a week, at 888-887-4114.

Carrot Cake (reduced calorie)

- 1 pkg. (2-layer size) Spice cake mix
- 2 cups shredded carrots (about ½ lb)
- 1 can (8oz.) crushed pineapple, drained
- 1 cup chopped pecans, divided
- 2 pkg. (8 oz. Each) fat free Cream Cheese, softened
- 2 cups powdered sugar
- 1 tub (8 oz.) Sugar Free COOL Whip Topping, thawed



PREHEAT oven to 350°F. Prepare cake mix batter as directed on package, stirring in carrots, pineapple and ¾ cup of the pecans until well blended. Pour into 2 (9 inch) square baking pans. Bake 25 – 30 minutes or until toothpick inserted in centers comes out clean. Cool.

MEANWHILE, Beat cream cheese and sugar with electric mixer or wire whisk until well blended. Stir in whipped topping until well blended.

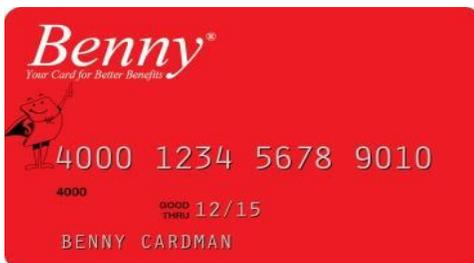


PLACE 1 cake layer on serving plate. Spread with 1-½ cups of the cream cheese mixture. Carefully place second cake layer on top of first cake layer. Frost top and sides of cake with remaining cream cheese mixture. Garnish with remaining ¼ cup pecans. Refrigerate until ready to serve.

INFINISOURCE

Are You participating in the Flexible Spending Account?

If so, you have received a “Benny” debit card from Infinisource.



The most significant advantage of using a debit card is eliminating the need for you to pay out-of-pocket for an expense, and then await reimbursement. This means that eligible purchases will “auto-adjudicate” (auto-approve) even at retailers like grocery stores.

The Benny Card can be used for:

- Office visits and prescription co-pays (receipts not required)
- Dental and vision co-insurance amounts (receipts required)

www.infinisource.com is available anytime for you to:

- Check your account balance
- View reimbursements
- Download a Reimbursement Request form
- Online claims submission

Don't forget to go to your phone's App Store to download free App for Mobile access

Now you easily check your available balances using an iPhone, iPod Touch, iPad or Android-powered device anywhere, anytime. Wherever you are, you'll know how much money you have available to spend on qualified medical expenses at the time of purchase. You can submit claims for reimbursement and send receipts using your mobile device's camera. No sensitive account information is ever stored on your mobile device and the highest level of secure encryption is used to protect all transmissions.



THINGS TO DO AROUND TOWN

Cowtown Goes Green, Saturday 03/19th
130 E. Exchange Avenue Fort Worth Texas

All activities are free of charge and are open to the public.
12 – 5 pm, Saturday March 19th
Stockyards Station will host Cowtown Goes Green, the city's largest and most family friendly St. Patrick's Day celebration.

The event in the Fort Worth Stockyards National Historic District will feature free activities for kids including armadillo races, a petting zoo, face painting, games, contests, live music, gunfights, and a special Western/Irish themed Cowtown Goes Green parade. The parade will follow the 4pm cattle drive traveling down Exchange Avenue in the Stockyards.

