



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.

April 15, 2016

(Volume XIII, Edition 8)



Do you know why Tax Day is April 18th this year? The regular tax return filing deadline is April 15th. However, due to the Washington D.C. Emancipation Day holiday being observed on April 15th instead of April 16th 2016 this year, the Tax Day is on the following Monday---**April 18th**.

Don't forget to mark your calendar!



Texas Health Care Annual Meetings (Mandatory)

Trinity Valley - 7500 Dutch Branch Rd (Capacity: 400)

Harris Downtown Hospital–Robb Rutledge Auditorium -1301 Pennsylvania Ave. (Capacity: 200)

North Richland Hills Centre –Grand Hall - 6000 Hawk Ave. (Capacity: 225)

Date, Location and time:

****06/07/2016 – Tuesday** Trinity Valley 6:00 pm

06/16/2016 – Thursday Harris Downtown (full) 6:00 pm

07/12/2016 – Tuesday Harris Downtown (full) 6:00 pm

****07/28/2016 – Thursday** North Richland Hills 6:00 pm

****Availability is open for the North Richland Hills Centre – Grand Hall and Trinity Valley only.**
All others have reached capacity. Check with you PTL or supervisor for date confirmation.



Other Collections Recognition Program

If you collect an outstanding patient balance for another THC Physician and complete the new "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 March.

Will your name be on the April Recognition list?

Office	Collected by:	Office	Collected by:	Office	Collected by:
T/D	Alvarez Luna, Valeria	PT Office	Garcia, Elizabeth	CKC	Pena Hernandez, Cristina
BEKP	Baird, Leslie	PT Office	Gilman, Debbie	HVMK	Pizana, Victoria
Senter	Belauskas, Sue	Penn SX	Gonzalez, Jacqueline	GW	Richburg, Theresa
Penn SX	Connor, Diana	Ali	Hicks, Maria	WP OB	Robles, Esme
P/M	Crawford, Sunny	Hulen OB	Hueso, Joan	Penn SX	Tubbs, Johnnie
Dearden	Cummins, Debbie	Fewins	Johnson, Judy	CDLBL	Winborn, Allegra
Rosenthal	Davila, Dominique	WRL	McGill, Rayanne	B-330	Witte, Kayla
BEKP	Freeman, Baba	B-440	McKenzie, Abigayle	B-440	Zamora, Michelle

March Winners: Sunny Crawford Phillips, Dominique Davila, Elizabeth Garcia, Rayanne McGill and Cristina Pena Hernandez



If you have enrolled in one of the two sponsored medical plans through UHC, you have access to the new Wellness Program "Rally".

Be looking for future Rally Event – "Know Your Numbers" coming up in July

THE
HEALTHY
CHOICE

TEXAS HEALTH CARE
WELLNESS PROGRAM

for THC Employees



RALLYSM

Introducing an easier way for you to eat better, move more, be more informed and get started on personal Missions to help improve your health.

Rally is a user-friendly digital experience on myuhc.com® that will engage you in a new way by using technology, gaming and social media to help you understand, learn and support you on your health journey.

With the online Rally Health Survey, personalized Missions, rewards and connections to wearables like Fitbit®, Jawbone® and more, we make it easier for you to get motivated to be healthier. When you sign up for Rally, the first thing you'll learn is your Rally Health Age, which tells you how your body is feeling right now. Then you can start exploring all the great digital tools that may help you make healthier choices based on your life, schedule and needs.

Tracking Is Simple, Fun and Full of Rewards

Health trackers monitoring weight loss, physical activity and more are tightly integrated with motivating messages and personally relevant information, to keep you inspired. You can also connect with consumer wearables like FitBit and JawBone as well as mobile access.

To help you create new healthy habits, coins are awarded every time you engage — even in small ways — essentially rewarding you every time a health or tracking activity takes place. Coins can be used to enter sweepstakes, and an email notification tells if a reward activity is complete or if you have registered for a sweepstakes.

Rewards

Use Your Coins to Win Awesome Stuff!

Exchange Rally Coins for a chance to win great prizes. Check out all the available sweepstakes and enter today!

[View Sweepstakes](#)



Coins are earned every time a health or tracking activity takes place.



Sizzling Roasted Pecan Salmon

(Courtesy of UHC Healthy Living)

Ingredients

- 4 salmon filets (4-6 oz)
- Salt and pepper to taste
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- 2 Tbsp. seasoned breadcrumbs
- 2 Tbsp chopped pecans
- 1 tsp parsley
- Wedges of fresh lemon

Preparation

1. Sprinkle salmon with salt and pepper. Place skin-down on baking sheet
 2. Combine mustard and honey, brush on top of salmon.
 3. Mix topping of breadcrumbs, nuts and parsley and sprinkle over salmon.
 4. Bake at 400 degrees F for 10 – 15 minutes or until flaky. Serve with wedges of fresh lemon.
- Can also be served with 1 cup low calorie soup and 2 slices garlic toast (See nutrition facts)*

Nutrition Facts

Yield: 6 servings (1 cup soup and 2 slices garlic toast)

Amount Per Serving

Calories 265

Calories from fat: 42 percent

Total Fat 12g

Saturated Fat 1.6g

Cholesterol 78mg

Sodium 252mg

Total Carbohydrates 9g

Dietary Fiber 0.4g

Protein 29g