



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.*

May 13, 2016

(Volume XIII, Edition 10)



401K QUARTER PLAN ENTRY

**Congratulations to the following employees meeting their 401k eligibility milestone!!
Don't forget that you MUST register for the online portal by creating a username and password.**

ALL employees can view online status, make changes to account and set up beneficiary information online at your personal portal at the Transamerica website

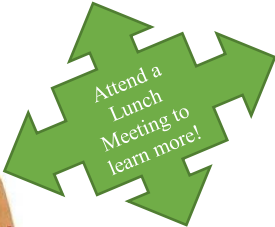
www.trretire.com or www.divinvest.com

Unless deferral is elected at a different amount (or employee chooses to opt out of the automatic enrollment feature **prior to June 30th**) Employees identified will be added to the plan for an automatic **percentage rate of 4%** on the first payroll check in July for the July 1st Plan Entry Date.

For additional assistance or telephone requests, contact a Retirement Specialist at [800/755-5801](tel:8007555801) or our Lawing Financial Consultant -Dion Nickel at [469/264-1187](tel:4692641187)



Employee Name	Office/Location	Employee Name	Office/Location
Treva Badger	Fabuyi, Oyeyemi	Christina Jackson	Dalal
Misty Calegari	CBO-WellMed	Alyssa Lee	Staniland/Fisher
Janette Castillo	Hammonds	Adina Morin	BEKP
David Chan	Penn Av	Daisy Nava	Staniland/Fisher
Aubrey Chesner	Penn Av	Eunice Opande	HVMK
Jason Copling	CBO	Victoria Pizana	HVMK
Kristen Currin	Anthony/Dean	Melissa Roberts	OB Baylor #435
Anna DeLaRosa	OB Baylor #440	Samantha Sixkiller	CBO-WellMed
Miranda Fagan	CDLBL	Holley Summerville	Todd
Vicki Foret	OB Baylor #435	Taylor Tucker	N Beach OB/GYN
Jacqueline Gonzalez	Pennsylvania Ave	Alejandra Villagomez	Southwest Ob
Lorena Hendricks	Bone & Joint	Linsey Wheeler	Physical Therapy



Don't forget to pack that bag and visit with our Lawing Financial professional retirement specialists! Our 401k lunch meetings will begin next week.

Third Annual 401k Lunch and Learn Meetings ALL THC Employees and Physicians are welcome to attend a highly informative lunch session with our friends from Lawing Financial.

Bring your lunch and learn, or just take a few minutes of your time to come by to have our financial consultants answer your savings questions. Education Meetings to be held at the following offices:

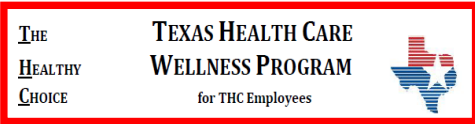
<u>Date:</u>	<u>Scheduled locations:</u>	<u>Contact:</u>	<u>Time:</u>
May 20 Friday	Grant, Waternberg 1201 8 th Avenue	Kay Barrett 817/335-8478	11:30 – 1:30
May 24 Tuesday	Bone and Joint 1651 Rosedale , Suite 200	Melissa Flores 817/335-4316	11:30 – 1:00
May 25 Wednesday	Carlton, Davenport, Ledbetter, Bryce and Lesley 1622 8 th Avenue	Allegra Winborn 817/921-5448	12:00 – 1:00
May 26 Thursday	NTWHC 1141 Keller Pkwy, Suite A	Lynne Goldstein 817/741-2601	12:30 – 1:30
May 27 Friday	Central Business Office 2821 Lackland Road 3 rd floor Large Conference Room	Ashley 817/740/8400	11:30 – 1:00

Learn how easy it is to begin to see your savings goal materialized.

For Newsletter consideration, please submit items to: Cindy Wooley at cwooley@txhealthcare.com
Newsletters are archived in Company Intranet – MS Outlook Public Folders – Newsletters

10 Weight Loss Tips to Make Things Easier and Faster

courtesy UHC and Authority Nutrition- www.authoritynutrition.com



- 1. Eat a high-protein breakfast.** Eating a [high-protein breakfast](#) has been shown to reduce cravings and calorie intake throughout the day
- 2. Avoid sugary drinks and fruit juice.** These are the most fattening things you can put into your body, and avoiding them can help you lose weight.
- 3. Drink water a half hour before meals.** One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months.
- 4. Choose weight loss-friendly foods.** Certain foods are very useful for losing fat.
- 5. Eat soluble fiber.** Studies show that soluble fibers may reduce fat, especially in [the belly area](#). Fiber supplements like [glucomannan](#) can also help.
- 6. Drink coffee or tea.** If you're a [coffee](#) or a [tea](#) drinker, then drink as much as you want as the caffeine in them can [boost your metabolism](#) by 3-11%.
- 7. Eat mostly whole, unprocessed foods.** Base most of your diet on whole foods. They are healthier, more filling and much less likely to cause overeating.
- 8. Eat your food slowly.** Fast eaters gain more weight over time. [Eating slowly](#) makes you feel more full and boosts [weight-reducing hormones](#).
- 9. Use smaller plates.** Studies show that people automatically eat less when they use smaller plates. Strange, but it works.
- 10. Get a good night's sleep, every night.** Poor sleep is one of the strongest risk factors for [weight gain](#), so taking care of your sleep is [important](#).



Other Collection Winners for April



The following employees collected for another THC Physician and competed for prizes in the month of April.

Have you collected and submitted your form this month for May?

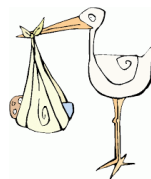
Office	Collected By	Office	Collected By
BEKP	Baird, Leslie	CKC	Pena Hernandez, Cristina
P/M	Crawford Phillips, Sunny	HVMK	Pizana, Victoria
Dearden	Cummins, Debbie	Pratt	Prettyman, Paula
Rosenthal	Davila, Dominique	G/W	Richburg, Theresa
BEKP	Freeman, Baba	JPS-CBO	Rodriguez, Olivia
S/F-W	Henderson, Jana	G/W	Solis, Imelda
Ali	Hicks, Maria	Penn SX	Tubbs, Johnnie
Samuelson	Leachman, Amber	S/F-W	Wylie, Carla
G/W	Parks, Sherry		

April Winners [Leslie Baird](#), [Amber Leachman](#) & [Carla Wyle](#)



Social Security Popular Baby Names

The Social Security Administration has been the authority on the most popular baby names based on requests for Social Security numbers for newborns.



Data is derived from a 100% sample of records on Social Security card applications as of the end of February of a given year.

One hundred years ago (1916), the number one ranked names were:

Male: John

Female: Mary

TOP 2015 NAMES (Baby Names Courtesy of SSA.GOV)

Rank	Male Name	Female Name
1	Noah	Emma
2	Liam	Olivia
3	Mason	Sophia
4	Jacob	Ava
5	William	Isabella
6	Ethan	Mia
7	James	Abigail
8	Alexander	Emily
9	Michael	Charlotte
10	Benjamin	Harper