



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.

September 2, 2016

(Volume XIII, Edition 18)

401K PLAN ENTRY

The following employees will meet the 401k Milestone for Plan Entry into the 401k Plan this upcoming quarter. Please make sure you look in your mailbox for special instructions or follow directions below to register for the Transamerica online portal by creating a username and password at www.trsrretire.com

Important Reminder --- Unless deferral is elected at a different amount (or employee chooses to opt out of the automatic enrollment feature **prior to September 30th**) employees identified will be added to the plan for an automatic percentage rate of 4% on the first payroll check in October for the October 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)



First Name	Last Name	Location Description	First Name	Last Name	Location Description	First Name	Last Name	Location Description
Alma	Alcaraz	OB Baylor #320	Cynthia	Fowlkes	CBO	Kimberley	Russell	Bone & Joint
Valeria	Alvarez Luna	Torres/Diaz	Marisol	Gonzalez	Magnolia Surgery	Pamela	Salazar	Hammonds
Tara	Avila	NTWHC Keller	Jana	Henderson	Fish/Tobias/Bern	Magaly	Salcido	Pratt, Christopher
Julie	Bacas	OB Baylor #430	Connie	Hooker	FWCCR	Alice	Seguin	Chow and Heyne
Karon	Bailey	ALI, TAHIR	Donna	Hutchinson	Magnolia Surgery	Soledad	Sierra	OB Baylor #320
Jessica	Barron	FWCCR	Thomas	Kosh	Pennsylvania Ave	Steven	Smith	Bone & Joint
Nicole	Bolf	OB Baylor #440	Laura	Kunkel	CDLBL	Blake	Stearns	Pennsylvania Ave
Paige	Calicott	OB Baylor #435	Makayla	Maddux	Pennsylvania Ave	Stacy	Wagley	NTWHC Keller
Mayra	Ceniceros	C/K/C	Jessica	Martinez-Arriaga	OB Baylor #330	Christin	Wilkins	Mar/Ew/Pat/Key/Nas
Princess	Cupples	Hammonds	Srirangam	Muddasani	Muddasani	Kayla	Witte	OB Baylor #330
Severina	Diaz	OB Baylor #330	Stephen	Obonyo	Wroten/Rear/Les	Yasaira	Zamora	OB Baylor #435



Reality Check on Social Security

(Source: TransAmerica Retirement Solutions)

If retirement is more than 20 years away for you, it may be funded more by personal savings than Social Security.

The latest census data indicate that Americans age 65 and older rely on Social Security for an average of 39.5% of their income. But for future generations of retirees, that number may be lower; the Social Security system is currently underfunded, and will only be able to pay retiree benefits in full until 2035.** Fortunately,

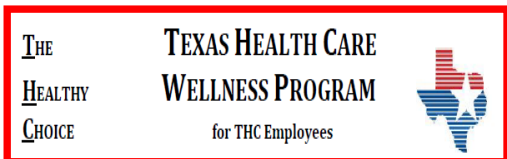
you can take action while you're still working to help ensure your financial security in retirement.

Save Aggressively While there's no indication that Social Security will disappear entirely, it's still in your best interests to take ownership of your financial future. The sooner you start saving for retirement, and the more you contribute to your employer-sponsored retirement plan, the greater your chances of meeting your retirement income needs.

Call a Transamerica Representative at 800/755-5801 or log into your personal web portal at www.trsrretire.com to check your outlook on personal savings and set your goals.

Delay Your Benefits You can apply for retirement benefits as early as age 62 or delay benefits as late as age 70. The longer you wait to start receiving benefits, the higher the amount.

Plan Ahead Visit the Social Security Administration's [website www.ssa.gov](http://www.ssa.gov) to learn more about the future of the Social Security system and use the [Retirement Estimator www.ssa.gov/estimator](http://www.ssa.gov/estimator) to find out the approximate amount of your benefits at different retirement dates.



LET'S RALLY FOR OUR HEALTH!!



CONGRATULATIONS JUDY HOLDER!

RALLY® can be found on the myuhc.com website offering a link to the Wellness Program offering personalized recommendations to help you move more, eat better, and feel great. The first step is being enrolled in our group health plan through United Healthcare.



RALLY® - United Healthcare's Wellness Program

Do you wonder if there are really any "Real" winners when you use your RALLY Coins for the Sweepstake Rewards?

Well, the answer is YES!!!

Let's give a special congratulations to Judy Holder in our Central Business Office.

Judy won the August 11th drawing for the "Spafinder Wellness 365" -- \$100.00 gift card!

Judy participated in the RALLY Missions to earn RALLY Coins and used the coins for a chance to win one of the gifts offered. Have you registered to participate in a RALLY MISSION?

If not, start today!! You may be the next lucky winner!

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 Have you thought about lowering fat intake and your carbohydrate consumption?  
 Try a slice of the following recipe provided by one of our staff members:

**Crustless Bacon and Cheese Quiche**

**Makes:** 12 servings

**Calories** 200 **Total fat** 15g **Dietary fiber** 1g

- 1 cup sliced green onions (about 5 medium)
- 1 cup chopped tomatoes (about 1 medium)
- 12 slices OSCAR MAYER Bacon
- 1 cup sliced fresh mushrooms (4 oz.)
- 12 eggs
- 1/3 cup BREAKSTONE'S or KNUDSEN Sour Cream
- 1 cup KRAFT Shredded Cheddar Cheese
- 1 cup KRAFT Shredded Mozzarella Cheese

Healthy Living



**PREHEAT** oven to 325°F.

Reserve 2 Tbsp each onions and tomatoes; set aside.

Cook bacon in large skillet until crisp. Remove bacon with slotted spoon to paper towel-covered plate, reserving 1 Tbsp of the bacon drippings in skillet.

Add mushrooms to skillet; cook and stir 2 minutes or until tender. Remove from heat. Chop bacon. Add to mushrooms along with the onions and tomatoes; mix well.

**BEAT** eggs and sour cream with wire whisk until well blended. Pour into greased 13x9-inch baking dish; top with bacon mixture and cheeses.

**BAKE** 30 min. or until center is set. Sprinkle with reserved onions and tomatoes. Let stand 5 min. before cutting into pieces to serve.