

Texas Health Care Newsletter

a Privia Medical Group North Texas



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

April 14, 2017

(Volume XIV, Edition 08)

FEDERAL TAX RETURNS 2017

DEADLINE



APRIL 18, 2017

Collection Participants

THC Employees have the opportunity to compete for **bonuses** when they collect for another physician! **Have you collected for the month of April?**

Participants for the month of March

Office	Collected by:	Office	Collected by:	Office	Collected by:	Office	Collected by:
MEKPN	Almaguer, Rose	Dearden	Cummins, Debbie	B-435	Hernandez, Ana	Pratt	Prettyman, Paula
BEKP	Baird, Leslie	Rosenthal	Davila, Dominique	Ali	Hicks, Maria	A/D	Romero, Christina
PT Office	Borras, Ema	Penn SX	Fayad, Leslie	Hulen OB	Hueso, Joan	MEKPN	Ross, Amber
G/W	Caughron, Brenda	Ali	Garcia, Adriana	Mans SX	Moore, Ashley	G/W	Solis, Imelda
P/M	Crawford Phillips, Sunny	PT Office	Gilman, Debbie	HVMK	Pizana, Victoria	A/D	Soto, Blanca



CELEBRATE WITH US!



March Winners:

Dominique Davila, Ashley Moore, Christina Romero, Imelda Solis and Blanca Soto

NEXTGEN

NextGen -Helpful Hints

Continuing Evaluations To Determine Workflow Improvements

WORK-LOG

Would you like to see more information in your NexGen work-log space?

Columns can be added to show more information in your work-log as follows:

Tasks:

Columns can be added to show more information in your work-log.

By clicking on

Admin>Preferences>User>General

the **User Preference** box will appear.

Go to the **"Tasks"** tab and put a **green check mark** on all Columns that you might find helpful to you.

Columns in the work-log can be moved by dragging them where you want them to be.

Column	Display
Account Balance	✓
Appointment Date	✓
COB1 Balance	✓
COB2 Balance	✓
COB3 Balance	✓
Enc Insurance Balance	✓
Enc Patient Balance	✓
Enc Total Balance	✓
Financial Class	✓
Location	✓
Primary Payer	✓
Referring Provider	✓
Rendering Provider	✓

Texas Health Care is signed up for Savings!

Galactic Attack Virtual Reality Coaster

The Joker



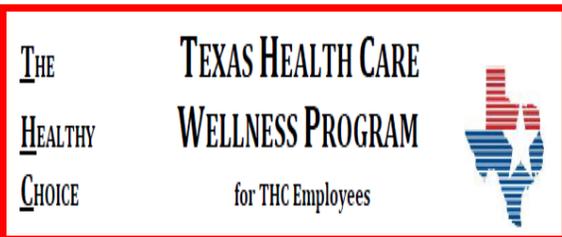
2017
New Rides
at Six Flags



Log into your own Six Flags site to buy tickets with substantial savings off the main gate price. This online benefit program offers not only substantial savings, but allows you to “print and go” so you have your ticket in hand when you get to the park with no waiting in the line to purchase tickets.

To access your special tickets, please go to sixflags.com/PartnerLogin or click the link below, then log into the site with the username and password provided below:

Username: **TXHCAREOT** Password (Password is Numeric and Case Sensitive): **SixFlags9**
Special Ticket Link: <https://sixflags.com/partnerlogin?m=33013>



Stressed?? When stress grips your body, you know it. Your heart starts pounding, your muscles tense, your stomach feels tied in knots. Sometimes this response can be a good thing. It may help you escape from an attacker or win your tennis game. However, continued stress can have negative effects on your physical health.

The three stages of stress

- 1. The alarm stage** occurs when you are frightened or under threat. Your body releasing stress hormones such as adrenaline and cortisol. These increase strength and concentration. Your heart speeds up, sending more blood and oxygen to your muscles so you can take quick action. This “fight or flight” response can be lifesaving, but if it is prolonged it can take a toll on your body.
- 2. The resistance stage** occurs after the initial extreme reaction. Your body tries to adapt to the continued stress. If the stress passes, you can start to rebuild your defenses. If it becomes long-term, you move to the third stage.
- 3. The exhaustion stage** is the “burnout” or overload phase. Continued pounding by stress depletes your body’s reserves, which puts you at risk for disease.

This sequence may happen in response to either a physical threat (such as being in a car accident) or an emotional one (such as being laid off from your job). Facing multiple long-term stressors piles extra strain on your system and can quickly lead to exhaustion.

Regaining your balance

If stress has taken over your life, it’s time to regain some control. Your health depends on it. Here are some ideas:

- **Make time for regular, moderate exercise.** It’s one of the best stress-busters, and it can improve your mood and help control weight.
- **Check with your doctor** to see what activity level is right for you.
- **Spend some time doing things you enjoy.** Go to a funny movie, take your kids fishing or have dinner with a friend.
- **Learn some relaxation techniques,** such as deep breathing or meditation.
- **Treat yourself well.** Make time for healthy meals and getting enough sleep. Avoid smoking, drinking too much and overeating.

If you still cannot get a handle on your stress, talk to your doctor. He or she might recommend a counselor who could help you find other ways to reduce or manage the stress in your life.