

April 28, 2017

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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.



Happy May Birthdays!

Employee	Day	Employee	Day	Employee	Day	Employee	Day
Patricia Kaczmariski	1	Maureen Reyna	8	Janet Duran-Sigala	17	Sendy Garcia	24
Christina Romero	1	Melissa Seaver	8	Brittany Menchaca	17	Stacye Mathews	24
Madison Hanlan	2	Tammy Stewart	8	Roxanne Daniel	18	Alexis Olivas	24
Elizabeth Johnson	2	Shelby Corker	9	Kenneth Haidusek	18	Bryan Simcox	24
Kristi McGraw	3	Nancy O'Sullivan	9	Vanessa Salazar	18	Patricia Thompson	24
MeryCruz Vasquez	3	Dionne Moore	10	Tracy Barber	19	Kayla Smith	25
Debra Stidham	4	Thomas Kosh	11	Alejandra Naranjo	19	Annie Sayabouasy	27
Deborah Barnett	5	Jasmine Ybarra	11	Blanca Soto	20	Valerie Daigle	28
Aimee Keith	6	Brandi Carpenter	13	Selena Murray	21	Jessica Bautista	29
Ariadna Cano	7	Maricela Ruiz	13	Eunice Opande	21	Marilyn Menchaca	30
Claudia Sanchez	7	Esperanza Valdez	14	Miranda Brooks	22	Tarra Sahim	30
Rayanne McGill	8	Elizabeth Cowan	15	Billie Cannon	22	Jessica Sustrik	30
Sandy Noelcke	8	Rachel Griffith	16	Irma Gonzalez	22	Kathleen Edwards	31
Mary Powell	8	Mariela Rangel	16	Sandra Leon	22		



THE HEALTHY CHOICE
TEXAS HEALTH CARE WELLNESS PROGRAM
 for THC Employees



May is National Vision Awareness Month

Millions of people living in the United States have undetected vision problems, eye diseases, and other conditions. Please join us in educating people in your community about the importance of comprehensive dilated eye exams in maintaining eye health and preserving sight.

Getting a comprehensive dilated eye exam is the only way to catch eye diseases early, because with many, there are no warning signs.

You might think your vision is in good shape or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to be completely certain. When it comes to common vision problems, many people don't realize their vision could be improved with glasses or contact lenses. In addition, many common eye diseases such as glaucoma and diabetic eye disease often have no early symptoms. A comprehensive dilated eye exam is the only way to detect these diseases in their early stages. Talk to your eye care professional about how often you should have one.

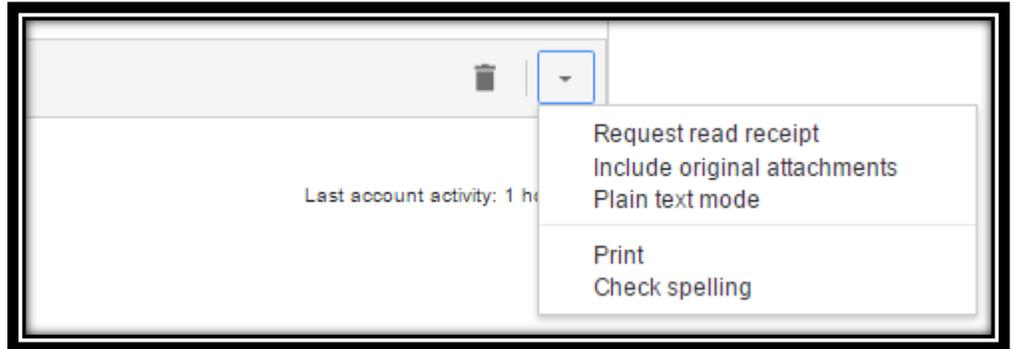


Helpful Hints

We are continuing to evaluate and determine what we can do to make workflow improvements..

If you are replying to all on an gmail and you would like to include the original attachments, at the bottom right hand corner of your draft (after you hit reply or reply all) there is a drop down arrow and if you use that arrow, you will get the

following drop down to include original attachments.



Retirement Savings and Rebalancing a 401(k)

Start your future by saving today through your 401(k)

Rebalancing? Not sure? Moving a portion of your portfolio from high-performing to low-performing investments is a way to maintain your asset allocation. This is called Rebalancing.



Does rebalancing reduce my risk of loss?

Yes. It keeps you from being overexposed to any single asset class. Of course, rebalancing won't insulate you from market losses, but by keeping you well diversified, it will help soften the impact on your total portfolio. Rebalancing might also save you wear and tear on your nerves because instead of trying to predict the market's ups and downs, you'll systematically adjust your portfolio every year to the long-term allocation you feel is best for you.

How often should I rebalance my portfolio?

Most financial professionals recommend rebalancing once a year and/or whenever your portfolio mix has strayed by 5% to 10% from its set asset allocation.

Rebalancing means I'll have to transfer out of some investments that are performing well. Why would I want to do that?

Rebalancing may seem counterintuitive. It forces you to periodically shift money from an asset that has performed well to one that has lagged. But doing so will help you maintain your asset allocation, which was constructed based on your financial goals, time frame, and tolerance for risk. *What's more, when you sell some of your best-performing shares, you lock in your gains. And when you buy additional shares of an asset that has lagged, you may be getting them at a bargain price, increasing your potential return* if that investment recovers.

Birth



Announcements

Congratulations to



Sandy Garcia, PTL
with Doctors Harvey, Vargas,
McFadden and Kalagate's
office on her baby boy!
Mateo Heliodoro Garcia
Born on 1/25/2017
@12:08am
Weight:5lb &10 ounces
Length:19 inches tall

Jessica Barron, MA
with Doctors Castillo, Gordon and
Hooker's office on her baby boy!
Mathew Barron
Born 03/03/2017
Weight:6lbs & 10 ounces
Length:18 inches tall

