



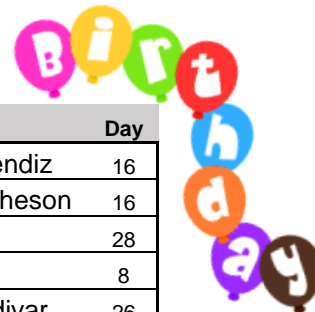
TEXAS HEALTH CARE NEWSLETTER

Texas Health Care was founded to allow doctors to be doctors.

Our priority is simple: provide quality care to our patients.

August 7, 2015

(Volume XII, Edition 16)

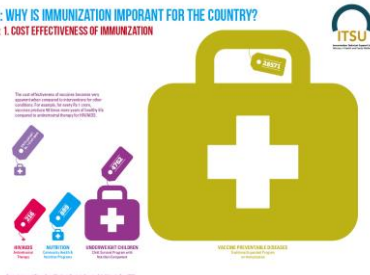


Employee	Day	Employee	Day	Employee	Day	Employee	Day
Tasha Allison	11	Susan Dugger	14	Manoj Mathew	23	Monica Resendiz	16
Marisol Arellano	25	Janie Espinoza	15	Carolyn McDowell	13	Kathleen Richeson	16
Jennifer Arroyo	7	Brittany Fennell	14	Karan McElroy	24	Jocelyn Ruiz	28
Julie Ausmus	6	Angela Flores	13	Atalie McHugh	7	Victor Ruiz	8
Holly Austin	26	Melissa Flores	14	Donna McKeehan	6	Lourdes Saldivar	26
Karina Avitia	16	Norma Gallegos	6	Theresa Mendoza	29	Jamie Senter	18
Betty Bachim	6	Danielle Geer	5	Melissa Mireles	11	Alexis Soto	26
Melissa Becerra	1	Kayce Gilman	27	Kristin Montoya	28	Angela Summers	23
Brittany Brinson	26	Aurora Gonzales	13	Angelica Munoz	15	Erin Taylor	15
Barbara Buckley	8	Holly Goolsby	17	Remsey Nash	10	Allison Thompson	27
Samantha Burdett	14	Iris Gutierrez	27	Taylor Nolan	22	Patricia Thompson	15
Helena Carrothers	27	Peggy Hawkins	12	Estella Nunez	28	Leonor Vargas	19
Brett Chandler	17	Isamar Hernandez	7	Brittany Parker	26	Erica Vasquez	15
Gladella Chappell	17	Sabrina Hernandez	10	Joann Petit	22	Valerie Villalovos	2
Megan Chappell	2	Amanda Holt	21	Theresa Phariss	20	Janet Webb	22
Debra Chovanetz	16	Carolina J Torres	31	Phillip Phillips	21	Maria Wiedmann	9
Kerri Cobb	24	Karen Kindler	23	Barbara Pipkin	17	Tracy Williamson	3
Karen Collins	24	Etta Korenman	16	Cesily Pratt	9	Nikkie Yanez	24
Lori Culpepper	9	Jessica Kuhn	20	Carolyn Proulx	3		
Debbie Cummins	1	Annelise Kutzler	4	Julia Puente	17		
Thin Dam	3	Kyung Lee	2	Tera Ray	2		



Q: WHY IS IMMUNIZATION IMPORTANT FOR THE COUNTRY?

A: 1. COST EFFECTIVENESS OF IMMUNIZATION



August is National Immunization Month

On February 26, 2015, the Advisory Committee on Immunization Practices (ACIP) voted on its annual influenza vaccine recommendations. For 2015-2016, ACIP recommends annual influenza vaccination for everyone 6 months and older with either LAIV or IIV, with no preference expressed for either vaccine when either one is otherwise appropriate. More information on this vote is available at the [CDC](http://www.cdc.gov)

[Newsroom](http://www.cdc.gov/media/releases/2015/s0226-acip.html) (<http://www.cdc.gov/media/releases/2015/s0226-acip.html>). The LAIV content on this web page will be updated after the 2015-2016 recommendations are approved by the CDC Director and published in the [MMWR](http://www.cdc.gov/mmwr) ([Morbidity and Mortality Weekly Report](http://www.cdc.gov/mmwr))

ICD Key Date Reminders

7/01/2015- 08/15/2015

08/15/2015- 09/15/2015

10/01/2015

10/01/2015 -11/30/2015

ICD-10 Testing, preparations

ICD-10 Training required for all THC

ICD-10 Go-Live

ICD-10 Follow-up, verification, etc.



**THE
HEALTHY
CHOICE**

TEXAS HEALTH CARE WELLNESS PROGRAM

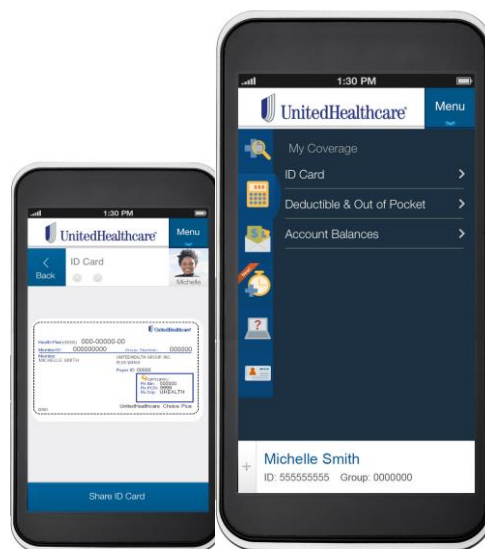
for THC Employees



Health care resources in your hands

The Health4Me application from UnitedHealthcare (available free from the “Apple App Store” or “Android Google Play”)

Health4Me is designed to make managing health care a lot simpler. You can easily access your health plan ID card, benefit amounts, account balances and Personal Health Records. You can manage claims, estimate costs and find nearby providers and quick care facilities anytime and anywhere. Health4Me allows you to personalize the interface and even talk to someone at the push of a button if you have questions.



Are you looking for immunization records again?

ImmTrac--Texas Immunization Registry is a free registry service offered by the Texas Department of State Health Services (DSHS)

ImmTrac, the Texas Immunization Registry, is a no-cost service offered by the Texas Department of State Health Services (DSHS). It is a secure and confidential registry available to all Texans. ImmTrac safely consolidates and stores immunization information from multiple sources electronically in one centralized system. Texas law requires written consent for ImmTrac participation and limits access to the registry to only those individuals who have been authorized by law. ImmTrac contains over 120 million immunization records and continues to rapidly grow with increased participation.

The immunization information in ImmTrac is provided by a variety of sources, including private health-care providers, pharmacies, public health clinics, Medicaid claims administrators, and the Vital Statistics Unit (VSU). Regardless of the number of sources, each client's immunization information is consolidated into one electronic record. Authorized professionals such as doctors, nurses, and public health providers can access clients' vaccination histories.

Did you know that a BANANA provides Energy? Bananas contain sucrose, fructose and glucose combined with fiber which gives an instant boost of energy.

- Nerves – Bananas are high in B vitamins which calm the nervous system.
- Depression - Bananas contain tryptophan a protein that the body converts into serotonin and will improve your mood.
- Blood pressure – High in potassium and low in salt makes bananas perfect to beat blood pressure.
- Heartburn – Bananas have a natural antacid effect to the body.
- Mosquito bites – rub affected area with the inside of a banana skin to reduce swelling and irritation.

