



# 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.

January 22, 2016  
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**Important Notice**

Although you can expect Tax Form W-2 to be mailed by January 31<sup>st</sup>, the IRS has extended the time to furnish Form(s) 1095-B and 1095-C to March 31<sup>st</sup>. United Healthcare and Texas Health Care will provide these forms as soon as possible. Please consult your tax advisor to see how this would affect filing your 2015 Tax return.

## Happy Birthday



Employee	day	Employee	day	Employee	day	Employee	day
Lora Fitzgerald	2	Treva Badger	11	Polly Carlton	17	Elizabeth Davidson	23
Tammy Ripper	2	Janette Castillo	11	Rebecca Kaminski	17	Evan Hubert	23
Heather Courcy	3	Johanna Garcia	11	Alana Hoyt	18	Toni Phillips	23
Carrie Hammonds	3	Konnie Vaughan	11	Dawna Kahler	18	Margaret Motley	24
Mary Salas	3	Michelle Carr	12	Christina Burgess	19	Vicki Foret	26
Nancy Wilkerson	3	Karen Christian	12	Donna Leonard	19	Shakeel Sharif	26
Joselyn Zamarripa	3	SanJuanita Cordero	12	Jason Munford	19	Mallory Gregorio	27
Melissa Roberts	5	Brenda Miller	12	Crystal Herrera	20	Christine Warren	27
Ana Garcia	8	Chase Stewart	12	Katy Cleek	21	DeVonne Tatum	28
Lana Medders	8	Anita Witter	12	Kristina Franklin	21		
Alicia Sotelo	8	Lorena Hendricks	13	Cecilia Ramos	21		
Tami Foster	10	Angela Winstead	13	Delisa Bolster	22		
Marivel Harris	10	Michelle Thomas	15	Katrina Bongji	22		
Drucilla Laningham	10	Rhea Parker	16	Cathy Robles	22		



## The Health4Me Phone App from UnitedHealthcare

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.

Having access to your health plan on your phone allows you to conveniently view and share important information. **You can email or fax your family's health plan ID cards**, review claims and check account balances and benefit amounts. Plus, the Personal Health Record feature allows you to collect, track and share past and current information about your health.





**What do the blood pressure numbers mean?** Blood pressure is typically recorded as two numbers, written as a ratio like this:

Read as "117 over 76 millimeters of mercury"

**117**  
**76** mm Hg



**Systolic:** The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

**Diastolic:** The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

## "Other Collections" Recognition Program

If you collect an outstanding patient balance for another THC Physician and complete the "**Other Collections**" form, you become eligible for a prize! The following employees collected for another THC Physician and competed for prizes in the month of December.

HAVE YOU COLLECTED FOR ANOTHER PHYSICIAN FOR JANUARY?

Office	Collected by	Office	Collected by
BEKP	Baird, Leslie	G/W	Parks, Sherry
Samuelson	Cline, Angela	CKC	Pena Hernandez, Cristina
P/M	Crawford Phillips, Sunny	T/M	Phillips, Sandy
Dearden	Cummins, Debbie	HVMK	Ramos, Cecilia
Colleyville	Devlin, Elizabeth	G/W	Richburg, Theresa
CDLBL	Duren, Noel	WP OB	Robles, Esme
C/H	Garcia, Bernadette	G/W	Solis, Imelda
B-435	Haidusek, Lauren	Z/E	Wallis, Patti
Todd	McKeehan, Donna	B-435	Watts, Jeanice
B-440	McKenzie, Abigayle	CDLBL	Winborn, Allegra
Ali	Medders, Lana		



**WINNERS: Sunny Crawford, Donna McKeehan an Cristina Pena Hernandez**

## BIRTH ANNOUNCEMENT

**it is a girl!** Congratulations to Grandmother  
**Melissa Flores**  
PTL at the Bone and Joint Clinic

Parents:  
Jessica and Michael Berrones  
**Jesslyn Leina Rae**  
**December 26, 2015**  
**7 lbs 3 oz & 20 inches tall**


