



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.

February 05, 2016
(Volume XIII, Edition 03)

W-2 statements were mailed by our TPA on January 29th.

Note that the IRS extended the time to furnish Form(s)1095-B and 1095C to March 31st.

United Healthcare is in the process of mailing these forms and Texas Health Care will provide as soon as possible.

CONGRATULATIONS! 401K QUARTER PLAN ENTRY

STAFF BELOW HAVE MET THEIR ONE YEAR MILESTONE AND ARE ELIGIBLE TO PARTICIPATE IN THE 401K PLAN!



Last Name	First Name	Location Description	Last Name	First Name	Location Description
Acosta	Nancy	Chow and Heyne	Kindler	Karen	Stroman/Broker/Kane
Aguilera	Lupita	OB Baylor #445	McGill	Rayanne	Wroten/Rear/Lesley
Atkins	Amy	CBO-WellMed	Medina	Patricia	Stroman/Broker/Kane
Barrios	Alberto	Marcella/Ew/Pat/Key	Miller	Andrea	CDLBL
Bilal	Fareeda	Liu	Mizener	Kimberly	CDLBL
Camacho	Lucia	Torres/Diaz	Rudolph	Erika	Dearden
Carlos	Anay	Torres/Diaz	Soto	Alexis	Grant/Ratino/Ratino
Cobb	Kerri	NTWHC Keller	Stidham	Debra	Liu
Duque	Mayra	N Beach OB/GYN	Tiwater	Ricky	CBO
Harris	Marivel	Patel, Pareshkumar	Villalovos	Valerie	Reaves



Congratulations! Employees above should register/activate their 401K account online at www.trsrretire.com or by calling a Transamerica Retirement Solutions Specialist at 800-755-5801.

Unless deferral is elected at a different percentage rate or the employee chooses to opt out of the automatic enrollment feature prior to March 31st employees above will be added to the plan for an automatic percentage rate of 4% on the first payroll check in April.

For additional assistance, contact a Transamerica Representative at 800/755-5801 or our Lawing Financial Consultant -Dion Nickel at 469/264-1187.

Already participating in the 401K? Is your beneficiary set up?

This simple but critical step ensures that if you should die, your account assets will go directly where you wish. Please take a moment and review your 401K beneficiary information.



You can review or change your beneficiary ONLINE by logging into your personal portal through the website: www.trsrretire.com

Select "HOME" from the top menu, and click on "Beneficiaries" from the drop down menu.



You want to eat well to protect your heart. You start by limiting certain foods you know can cause trouble, such as butter, red meat, cheese and fried foods. But did you know that one of the keys to heart-healthy eating is to concentrate on what to *add* to your meal plan?

Eat a variety of fruits, vegetables, beans (legumes) and whole-grain products. These foods are naturally free of cholesterol and saturated fat. Also, they are loaded with vitamins, minerals and antioxidants. And they are the only category of foods that will provide heart-healthy fiber.



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"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 January. **HAVE YOU COLLECTED FOR ANOTHER PHYSICIAN FOR FEBRUARY?**

Office	Collected by:	Office	Collected by:
PT Office	Allison, Melyndia	Penn SX	Nunez, Estella
BEKP	Baird, Leslie	CKC	Pena Hernandez, Cristina
P/M	Crawford Phillips, Sunny	HVMK	Ramos, Cecilia
Dearden	Cummins, Debbie	G/W	Richburg, Theresa
C/H	Garcia, Bernadette	WP-OB	Robles, Esme
PT Office	Gilman, Debbie	CBO-JPS	Rodriguez, Olivia
S/F-W	Henderson, Jana	G/W	Solis, Imelda
Todd	McKeehan, Donna	A/D	Soto, Blanca
B-440	McKenzie, Abigayle	B-440	Zamora, Michelle



Winners: Theresa Richburg, Leslie Baird and Jana Henderson

BIRTH ANNOUNCEMENTS



Congratulations to **Kristine Autry**, NTHWC Receptionist
 On December 14th, Kris and husband Cody Autry brought their son into this world with the help of Dr. Michael White and Dr. Brian Welsh.

Remy Glen Autry
6 lbs, 14 oz and 18 inches tall



Congratulations to **Patrick Usery**, CBO IT Admin
 On January 10th, Patrick and wife Aletha Usery welcomed their 3rd child delivered by Dr. Cynthia English.

Emma Dawn Usery
7 lb 7 oz and 21 Inches tall

