



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 19, 2016
(Volume XIII, Edition 04)



Happy March Employee Birthdays!

| Employee | day | Employee | day | Employee | day | Employee | day |
|-------------------------|-----|-------------------|-----|------------------|-----|------------------|-----|
| Amber Leachman | 2 | Jennifer Fallon | 7 | Tracy Parker | 19 | Rosa Avila | 27 |
| Stephanie Grimaldo | 2 | Rahmaad Ekpa | 7 | Patti Wallis | 19 | Jason Copling | 27 |
| Cynthia Lopez | 4 | Tischa Schroeder | 8 | Teresa Fee | 19 | Shannon Brown | 28 |
| Eva Bustos | 4 | Tammy Schultz | 8 | Vickie Davenport | 20 | Amy Zahn | 28 |
| Matthew Smith | 4 | Kristina Goodman | 9 | Mary Hysinger | 20 | Jean O'Donnell | 28 |
| Cintia Gonzalez | 4 | Tiffany Premo | 10 | Marie Taylor | 20 | Sharyl Workman | 28 |
| Araceli Sanchez | 4 | Victoria Pizana | 10 | Alesha McBride | 20 | Haley Diatto | 29 |
| Lance Georgekutty | 4 | Teresa Elizondo | 11 | Rebecca Fuller | 20 | Cristy Wallace | 29 |
| Judith Smitherman | 5 | Michelle Densmore | 11 | Paige Calicott | 20 | Shayna Ingram | 29 |
| Louise Marcella | 5 | Melannie Marley | 12 | Debra Gilman | 21 | Tina Cuestas | 30 |
| Jennifer Badgwell | 5 | Alejandra Alvarez | 12 | Erin Bailey | 21 | Sonia Ponce | 30 |
| Tanya Stockton | 5 | Carina Castaneda | 14 | Brenda Williams | 23 | Kimberly Mizener | 30 |
| Tami Landrum | 5 | Elizabeth Devlin | 15 | Tatia Rivera | 23 | Lea Anne Allen | 31 |
| Margaret Belcher Tittle | 5 | Makayla Maddux | 16 | Beatrix Batey | 24 | Kwanita Varra | 31 |
| Leigh Gutierrez | 7 | Vicki Chancellor | 17 | LaKitha Miller | 24 | Julie Mistic | 31 |
| Jessica Eldridge | 7 | Misty Stevens | 17 | Judy Johnson | 25 | | |
| MaryBeth Rosemann | 7 | Ashley Hukill | 18 | Gabriela Oropeza | 26 | | |



United Health Care

IRS Form 1095

Did you know that your 1095-B mailed from UHC to your home address can also be printed from your personal login at www.myuhc.com ?

- Log into your personal portal, select from the menu bar: **Benefits and Coverage**
- On the left side of page, select **Coverage Documents** to view and print the **2015 IRS Form 1095**

The screenshot shows the myuhc.com website interface. At the top, there's a navigation bar with links for Home, Claims & Accounts, Physicians & Facilities, Pharmacies & Prescriptions, Benefits & Coverage, and Personal. Below this is a sidebar menu with categories like Benefits & Coverage, Coverage Documents, Tools, and more. The main content area displays 'Coverage Documents' with a list of links for Vision Plan V1106 - 01/15 Certificate. Below that, there's a section for 'IRS Form 1095' with a link to '2015 - IRS Form 1095'.

THE
HEALTHY
CHOICE

TEXAS HEALTH CARE
WELLNESS PROGRAM
for THC Employees



Healthy Eyes Start With An Eye Exam (UHC)

Eye problems are the second most common health concern in the United States. Adults between 18 and 60 years of age should get an eye exam every one to two years.¹ Illnesses such as diabetes or hypertension as well as a family history of eye illnesses like glaucoma can raise your chances of having vision problems.

Through a dilated eye exam, eye doctors can look inside your eye. This may show early signs of chronic illnesses. These signs can be seen in the eyes before other parts of the body are affected. This lets treatment start early, even before you know there is a problem. Eye doctors can help you find a primary care doctor to care for illnesses found during your exam.

They are part of your team for ongoing care to watch for changes in your conditions.

Identity Protection Tips (-Internal Revenue Service)



Tax-related identity theft occurs when someone uses your stolen Social Security number to file a tax return claiming a fraudulent refund. You may be unaware you are a victim until you receive an IRS notice or you file your return, but it is rejected because your SSN already has been used. It's important that you take steps to protect all of your personally identifiable information.

Don't fall for common scams

- An unexpected email purporting to be from the IRS is always a scam. The IRS does not initiate contact with taxpayers by email or social media to request personal or financial information. If you receive a scam email claiming to be from the IRS, [forward the email](mailto:phishing@irs.gov) to phishing@irs.gov.
- An unexpected phone call from someone claiming to be an IRS agent, either threatening you with arrest or deportation if you fail to pay immediately, is a scam. In another variation, the caller requests your financial information in order to send you a refund. Report these calls and other IRS impersonation schemes to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or online at [IRS Impersonation Scam Reporting](#).
- If you discover a website that claims to be the IRS but does not begin with 'www.irs.gov,' forward the link to phishing@irs.gov.

401K QUARTER PLAN ENTRY Reminder

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 |
| Aguila | 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 |

Prepare Now
for tomorrow



Employees above should register/activate their 401K account online at www.trsuretirement.com and follow instructions "New User? Get Started" 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 April payroll check.

For additional fund assistance, contact our Lawing Financial Consultant -Dion Nickel at 469/264-1187.

