



# 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.

July 8, 2016

(Volume XIII, Edition 14)

Just a Reminder:

**Compliance Meetings are mandatory – Only Two meetings remain for the year.** Please contact your office PTL for dates.

THE TEXAS HEALTH CARE  
HEALTHY WELLNESS PROGRAM  
CHOICE for THC Employees



**DON'T FORGET TO SIGN UP FOR THE COMPANY SPONSORED "Know Your Numbers" Screening Event**



**Make this our best attendance year ever!!**

If you are enrolled in our group medical plan through UHC, you are eligible to participate in our Annual Screening event. Reserve space today by contacting the office representative listed below.

**Participate for a \$75.00 gift card of your choice.**

Wednesday	<b>July 20<sup>th</sup></b>	11:30 - 2:30	<b>Baylor OB</b> <b>Contact: Megan</b>	1250 8th Ave., Suite 440; et al Phone: 817 939-4829
Thursday	<b>July 21<sup>th</sup></b>	1:00 - 4:00	<b>Grant Waternberg</b> <b>Contact: Kay</b>	1307 8 <sup>th</sup> Avenue, Suite 106 Phone: 817 335-8478
Friday	<b>July 22<sup>nd</sup></b>	9:00 - 12:00	<b>Bone and Joint</b> <b>Contact: Melissa</b>	1651 West Rosedale, Suite 200 Phone: 817 335-4316
Tuesday	<b>July 26<sup>th</sup></b>	9:00 - 12:00	<b>BEKP</b> <b>Contact: Lisa</b>	6100 Harris Pkwy, Suite 355 Phone: 817 433-5488
Wednesday	<b>July 27<sup>th</sup></b>	11:30 - 2:30	<b>NTWHC</b> <b>Contact: Lynne</b>	1141 Keller PKWY, Suite A Phone: 817 741-2601
Thursday	<b>July 28<sup>th</sup></b>	12:30 - 3:30	<b>CDLBL</b> <b>Contact: Allegra</b>	1622 8th Ave., Suite 110 Phone: 817 921-5448
Friday	<b>July 29<sup>th</sup></b>	10:00 - 2:00	<b>Central Office</b> <b>Contact: Ashley</b>	2821 Lackland Rd, Suite 300 Phone: 817 740-8400

Upon participating in the event, complete your online RALLY health assessment. Link to your Rally account at [www.myuhc.com](http://www.myuhc.com) and select your 75.00 Gift! (UHC will provide RALLY Information at the events.)

## Feeling Fatigued? (UHC)

It's tough to start your day with dragging feet and a mind that's still under the covers.

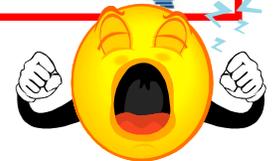
These tips may help you beat fatigue:

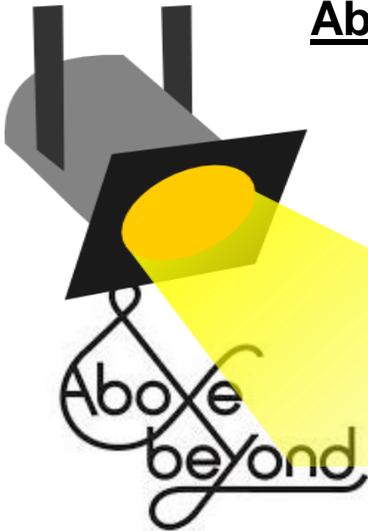
- **Shake things up.** Has your routine become boring and monotonous? Try a new activity. Take a class or volunteer in your community. Often, helping others or working on a hobby is just the boost you need.
- **Eat breakfast.** Skipping breakfast can lead to overeating later in the day. Plus, heavy meals can make you tired. This is especially true if you have fried, fatty foods. Try a smaller lunch and then enjoy a nutritious late-afternoon snack.
- **Manage your stress.** Worrying takes its toll on your body. Are your sleeping habits being affected by stress? Learn how to manage your daily concerns. Get organized, make to-do lists or try other time-management techniques.
- **Avoid the snooze button.** We all love to sleep in on the weekends. Although it may seem like a good plan for getting more rest, it can confuse your body. One way to stay alert is to go to sleep and wake up at the same time every day. This means weekends, too.
- **Get out and about.** A 30-minute morning walk is a great way to get your blood flowing and energize your day. Taking a walk at lunchtime also can give you a boost. For safety's sake, talk with your doctor before starting a new exercise routine.

Make the most of our Care24 service. When you call, you get one-to-one help for you and all your health and wellness concerns. All calls are completely confidential. Call 1-888-887-4114 to get started.

THE  
HEALTHY  
CHOICE

TEXAS HEALTH CARE  
WELLNESS PROGRAM  
for THC Employees





## **Above and Beyond – The “WOW” Factor!**

**Spotlight Joanie Petit – NTHWC – Keller**  
**Nathan Lacy – CBO – IT**

### **Joanie Petit – NTHWC – Keller**

#### **Joanie Caught Aetna!**

While reviewing her physician’s Zero pay, **Joanie** recognized the payer’s error in the processing of an assistant surgeon’s claims. She immediately called Aetna and identified an Aetna system wide error. ---Assistant surgeon charges were denying in error. Due to her keen eye and diligence, Joanie was able to get the claim reprocessed and payment is forthcoming.

### **Nathan Lacey – CBO – IT**

#### **Nathan Moved a mountain!**

THC recently purchased and implemented a new IT Data Center in which IT contracted an outside vendor to perform the data migration (88 terabytes). The vendor incurred a problem and could not resolve it, bringing the project to a stop. **Nathan** did his own research and resolved the problem, when our contracted expert could not. Additionally, he researched how to perform the data migration. Over the course of the next few weeks, including nights and weekends, he successfully migrated all the data himself. Due to his efforts, not only did he save the company a significant amount of money by doing the migration in-house, but more importantly this critical project was at a standstill and he got it moving forward.

**Please help us acknowledge Joanie and Nathan’s WOW moment!**



## **401(k) News**



In April, Texas Health Care, PLLC’s 401(k)Plan was restated to adopt the automatic enrollment provision effective for new and rehired employees. This means that employees reaching their plan entry eligibility date will be automatically enrolled in the Plan at the percentage rate of 4%, unless the employee affirmatively elects a different percentage rate or opts out of the automatic enrollment feature prior to the Entry Date. If you have specific questions regarding plan entry and automatic deferral, please contact Cindy Wooley at 817/740-8406.

You can contact Transamerica by logging onto web page [www.trsuretire.com](http://www.trsuretire.com) or by calling a Transamerica Consultant at 800/755-5801.