

# Texas Health Care Newsletter

a Privia Medical Group North Texas



Texas Health Care was founded to allow doctors to be doctors.  
Our priority is simple: provide quality care to our patients.

January 06, 2017

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Hope everyone had a wonderful  
New Year's Day Holiday!



## **2016 Tax forms will be distributed at the end of the month.** **Has your current address been updated with your employer?**

THC staff should report any change in address, telephone number, marital status, etc to the Benefits Coordinator.

To verify what THC has for your address, open up your paystub in your online payroll paystub portal located at <https://www.my-estub.com>

If you have forgotten how to access your records, please contact [Valerie.Daigle@priviahealth.com](mailto:Valerie.Daigle@priviahealth.com) or [Donald.Terrell@priviahealth.com](mailto:Donald.Terrell@priviahealth.com)

If your current address is not on your pay-check remittance, please contact Cindy Wooley at [Cindy.Wooley@priviahealth.com](mailto:Cindy.Wooley@priviahealth.com) or Susan Shockey at [Susan.Shockey@priviahealth.com](mailto:Susan.Shockey@priviahealth.com) to request a Change Form to update your records.



## Texas Health Care 2017 Plan Year

The Open Enrollment period ended December 1<sup>st</sup> and all changes have been processed for the 2017 plan year. Please review your Pay e-stub. (2017 Premiums were announced in the 11/11/2016 Newsletter)

Premiums deducted through the Cafeteria plan can only be changed if the employee has a "Lifestyle" Change event. (i.e., adds/terms due to birth, adoption, marriage, divorce, spouse's open enrollment period, gain or loss of

employment by spouse). If there is a qualifying event and changes are desired, the forms should be submitted within 30 days of the event. Changes cannot be made past the 30 day grace period (60 days for a CHIP/CHPRA event). Written proof must be provided for certain changes. Please call Cindy at 817/740-8406 with questions or to request a change.

## **Benefit(s) Contact Information**

Although you can contact Cindy Wooley at 817 740-8406 and Susan Shockey at 817 740-8428 for benefit questions, you may want to make sure you have those benefits contact numbers for reference.



<b><u>Transamerica (401k)</u></b>	800-755-5801	<a href="http://www.trsretire.com">www.trsretire.com</a>
<b><u>United Healthcare (Medical)</u></b>	866-633-2446	<a href="http://www.myuhc.com">www.myuhc.com</a>
<b><u>Aetna (Dental)</u></b>	877-238-6200	<a href="http://www.aetna.com">www.aetna.com</a>
<b><u>Lawing Financial (401k)</u></b>	469-264-1187	--Dion Nickel (Client Rep)
<b><u>Infinisource (F.S.A.)</u></b>	866-370-3040	<a href="http://www.infinisource.com">www.infinisource.com</a>
<b><u>OptumHealth Financial (H.S.A.)</u></b>	866-234-8913	<a href="http://www.optumhealthbank.com">www.optumhealthbank.com</a>
<b><u>United Healthcare (Vision)</u></b>	866-633-2446	<a href="http://www.myuhcvision.com">www.myuhcvision.com</a>

**Culture Cmmittee News:** How is your THC t-shirt holding up? Need a new one? Well, the Culture Committee has worked hard to bring you an option for getting a new t-shirt. Stay tuned for ordering instructions.

Sizes up to 1x	Sizes 2x and above
\$12 plus tax	\$14 plus tax
Shipping cost determined by address and quantity; no handling fee if shirt is picked up at store	

## Reluctant To Donate Blood? Don't Be...

Blood donations are used daily in your community hospital. Each day, patients need blood transfusions because of accidents, cancer, surgery, burns, childbirth and other situations. Yet, misunderstandings and fears often prevent people from donating much needed blood that could save someone's life. In fact, only 5 percent of Americans who are able to give blood actually do.

Blood cannot be manufactured. The only way for hospitals to keep their blood banks full is through volunteer donors. Donated blood has a limited shelf life, so new donations of all blood types are needed every day.

How much do you know about donating blood? It takes only about 10 minutes to draw the blood and not more than an hour of your time overall, including the paperwork. Consider the following information if you have been reluctant to be a blood donor:

- Donating blood is safe. New, sterile needles and bags are used to collect blood. They are disposed of after each use to eliminate the possibility of infection.
- Your personal information is kept confidential. If your blood tests positive for hepatitis or another disease, the results remain private and you are the only one notified.
- Giving blood will not make you weak. Most adults have 10 to 12 pints of blood in their bodies. You'll feel little or no effect after donating one pint.
- It won't hurt! You'll feel a pinch from the needle, but just for a few seconds.
- If you take medication, it doesn't mean you can't give blood. For instance, most people taking blood pressure medication and those with diabetes can donate blood without a problem.

**Become a Lifesaver** Blood donors are heroes. By donating blood you can save a life. That's because no chemical, drug or fluid can replace blood in a real emergency. Blood collections are rising, which is good news. The bad news is, the demand is increasing faster than collections, and the nation's blood banks are facing persistent supply problems, national blood-supply groups say.

Donations traditionally slump during the Christmas holiday season, as colleges, schools and businesses that normally host blood drives close and families take vacations. An outbreak of influenza and bad weather also can affect donations.

Maintaining an adequate amount of blood for surgeries, trauma victims and treatment of diseases can be problematic.

Every day about 38,000 units of red blood cells are given to Americans. Blood transfusions are used for trauma victims, patients needing surgery, and those getting treatment for leukemia, cancer or sickle cell anemia.

### Why is blood use rising?

- About 4.5 million people receive blood transfusions in the United States every year, and that number is expected to rise for several reasons:
- As the U.S. population grows older, the number of surgeries that require transfusions (heart, knee-replacement, and hip-replacement operations, for example) will likely rise as well.
- Procedures and surgeries that require numerous transfusions are becoming more common. A bone-marrow transplant patient needs three weeks of transfusions, and a person undergoing a liver-transplant operation requires 20 units of blood or more.

### The basics of blood donation

Blood is separated into three components: red blood cells, which can be stored for 42 days; platelets, which last five days, and plasma, which can be frozen for as long as one year. You can give blood every eight weeks, plasma twice a week and platelets 24 times a year. Type O blood is the most commonly used because it can be safely transfused to people of all blood types.

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## Healthy Dessert Dishes Lemon-Ginger Cheesecake Bars

### What You Need -

30 NABISCO Ginger Snaps, finely crushed  
2 pkg. (8 oz. each) PHILADELPHIA Neufchatel Cheese, softened  
2/3 cup sugar  
Grated peel and juice from 1 medium lemon  
2 eggs  
2/3 cup apricot preserves

### Make It -

PREHEAT oven to 350°F. Sprinkle cookie crumbs evenly onto bottom of greased 13x9-inch baking pan; set aside.

BEAT Neufchatel and sugar in large bowl with electric mixer on medium speed until well blended. Add lemon peel and juice; mix well. Add eggs, 1 at a time, mixing just until blended after each addition. Pour over crumbs in pan.

BAKE 25 minutes or until center is almost set; cool completely. Spread preserves evenly over cheesecake. Refrigerate at least 1 hour or until chilled. Cut into 24 bars to serve. Store leftover bars in refrigerator.

