



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.*



August 21, 2015
(Volume XII, Edition 17)

Third Quarter 401(k) Plan Entry – 4% Automatic Deferral Congratulations to the following employees:

First Name	Last Name	Office	First Name	Last Name	Office
Coraima	Aguirre	Torres	Jade	Maganda	LHVM
Holly	Austin	OB Baylor #440	Jasmine	Martinez	GRR
Vicki	Boyett	LHVM	Martha	Morelos	Penn SX
Vanessa	Chavez	BEKP	Angelica	Munoz	OB Baylor #435
Linda	Cisneros	Patel, Paresh	Charlton	Nguyen	Physical Therapy
Aime	Corralejo	OB Baylor #330	Claudia	Ortega	OB Baylor #320
Victoria	Crisman	Southwest Ob	Misty	Patton	CBO
Dexie	Desamito	Cardio Fort Worth	Maricela	Ruiz	OB Baylor #435
Jannequa	Foster	Southwest Ob	Irma	Salinas	FWCCR
Janie	Garcia	GRR	Araceli	Sanchez	OB Baylor #435
Sherrisha	Gilbert	CBO	Treasure	Sherman	FWCCR
Raniel	Guss	OB Baylor #320	Tammy	Stewart	WRL
Keisha	Hayes	OB Baylor #440	David	Strother	CBO
Crystal	Herrera	CBO	Alma	Terrazas	Marcella/Ewing
Frances	Jester	Physical Therapy	Cristy	Wallace	Pratt
Shamaka	Kyles	Tilkin/Morrisette	Natalie	Williams	OB Baylor #435



As indicated in Transamerica communication ---the employees above should register/activate their account. Unless deferral is elected at a different percentage rate or the employee chooses to opt out of the automatic enrollment feature prior to September 25th; employees above

will be added to the plan for an automatic percentage rate of 4% on the first payroll check in October.

Please follow online instructions for First Time Users/registration on the 401(k) Transamerica website at www.trretire.com or call a Transamerica Representative at 800/755-5801. For additional financial assistance, you can contact our Lawing Financial Consultant -Dion Nickel at 469/264-1187. **You can view online status, make changes to your account and set up your beneficiary information online at your personal portal at the Transamerica website www.trretire.com**

ICD-10 Key Date Reminders

08/15/2015- 09/15/2015	ICD-10 Training required for all THC
10/01/2015	ICD-10 Go-Live
10/01/2015 -11/30/2015	ICD-10 Follow-up, verification, etc.






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 July

Office	Collected By	Office	Collected By	Office	Collected By
BEKP	Baird, Leslie	PT Office	Gilman, Debbie	GWW	Solis, Imelda
Torres	Camacho, Lucia	B-435	Haidusek, Lauren	B-330	Van Dyke, Kristi
PT Office	Chancellor, Sue	B&J	Hendricks, Lorena	W/R	Wilson, Rayanne
Penn SX	Connor, A. Diana	B-435	Hernandez, Ana	CDLBL	Winborn, Allegra
FW CV	Corker, Shelby	Todd	McKeehan, Donna	S/F-W	Wylie, Carla
PMB	Crawford Phillips, Sunny	Fewins	Motley, Margaret		
Dearden	Cummins, Debbie	CKC	Hernandez, Cristina		
CDLBL	Duren, Noel	A/D	Ray, Tera		
T/M	Garcia, Dawn	GWW	Richburg, Theresa		



July Winners: Sunny Crawford Phillips and Cristina Hernandez.

THE HEALTHY CHOICE **TEXAS HEALTH CARE WELLNESS PROGRAM** 

for THC Employees

August is Immunization Month
Decision Focus: Vaccinations for Flu Season (United Healthcare)

Confused about which vaccinations to get this fall? Help keep your family safe this flu season. Flu shots. Some years you've been strict about getting the whole family in for a seasonal flu shot. Other years ... maybe not so much. This year is no time to let vaccines slide down your priority list. The swine (H1N1) flu and seasonal flu are still real threats. Planning your family's vaccinations, including ones for grandma and grandpa, may be one of the most important tasks you do all year. Experts advise that you get the flu shot as soon as it becomes available in the early fall. CDC recommends that people get vaccinated against flu soon after vaccine becomes available, preferably by October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Who should get the flu vaccination?

The Centers for Disease Control and Prevention (CDC) recommends that *everyone* 6 months of age and older get the flu shot this year. Some kids may need two doses of the vaccine for it to work.



Children between the ages of 6 months and 8 years need two doses of the flu shot (given about one month apart) if:

- ^They've never had a flu shot before.
- ^Last year was the first year they got the flu shot and they only received one dose.
- ^They did not get the swine flu vaccine last year or it's unknown if they received the swine flu shot last year.

Did you know When we breathe through our nose, we always inhale more air from one nostril than with the other one — and this changes every 15 minutes.