



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.*



October 16 2015

(Volume XII, Edition 21)

OCTOBER EMPLOYEE BIRTHDAYS



Employee	Day	Employee	Day	Employee	Day	Employee	Day
Jessica Aguiniga	27	Tracie DeMarco	19	Christina Jackson	20	Dulce Rodriguez	25
Rachel Ailshie	17	Margaret Dearden	27	Frances Jester	3	Monica Rodriguez	18
Alma Alcaraz	14	Jacquelyn Delaway	4	Carl Jones	24	Olivia Rodriguez	9
Eva Alvarez	8	Severina Diaz	15	Elizabeth Jones	15	Dulce Ruiz	3
Melinda Alvarez	20	Nicole Earls	21	Patricia Jordan	13	Larry Shivers	30
Crystal Atchley	8	Karen Emrich	1	Gabriela Juarez	9	Cathy Simmons	13
Amy Batchelor	15	Natalie Evans	10	Pamela Kincaid	24	Corina Skaggs	23
Violet Bell	20	Somvang Flores	5	Cinthia Landeros	27	Imelda Solis	22
Lindi Berry	13	Elisa Garcia	3	Valicia Law	30	Terra Stephens	10
Lucia Camacho	5	Jasmine Garcia	8	Angela Magdaleno	11	Allison Strayer	4
Shane Cannon	16	Gregory Gilman	9	Anita Marsh	21	Celia Torres	7
Anay Carlos	2	Rebecca Goff	1	Andrea Miller	17	Elizabeth Weaver	20
Mayra Ceniceros	8	Jacqueline Gonzalez	1	Vessma Noriega	24	Rachel Wheeler	24
Anaiz Chavez	19	William Hamlin	10	Judith Olvera	12	Amy Williamson	1
Vanessa Chavez	6	Ashley Hartzog	11	Misty Patton	19	Cindy Wooley	31
Anna Connor	7	Christa Heiner	27	Karen Rader	12		
Melissa Cooper	15	Nelina Hernandez	15	Palmira Ramos	21		
Victoria Crisman	11	Amanda Hudson	22	Jessica Reyna	19		
Stephanie Cruz	28	Dani Hurtado	14	Christy Robinson	23		



OPEN ENROLLMENT –have you registered to attend a meeting?

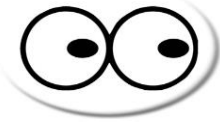
Physicians will be notified of doctor meetings by mail.

Meetings were announced in the October 2nd Newsletter with instructions to register for an Open Enrollment meeting through the Texas Healthcare webpage –“**For Staff – Open Enrollment**” at www.txhealthcare.com

Password needed for
Open Enrollment Meeting registration
**SEE Pay-Estub version of
Newsletter for password**

The “Open Enrollment” period for THC 2016 Benefits will begin November 1st with all forms being due no later than December 1st. Although attending a meeting is not mandatory--THC will compensate you for the one hour presentation. Most importantly you will obtain information and forms required to be submitted by the Dec 1st deadline. This year, we will also be distributing your personal **401k Analysis Statements** generated by Lawing Financial Group for your savings plan with Transamerica Retirement Solutions.





Please remember that Open Enrollment is the only period of time that an employee can make changes to insurance benefits (other than lifestyle changes) and to elect premiums to be deducted on a pre-tax basis for the 2016 Plan Year.

TWO forms are required from all FULL TIME employees

Plan descriptions and forms WILL BE AVAILABLE AT OPEN ENROLLMENT MEETINGS

1. **Salary Reduction Agreement for the 2016 Plan Year** designating how 2016 premiums will be deducted from payroll check--Pre-tax or Post-tax. *(IF FORM IS NOT SUBMITTED, YOU WILL BE REQUIRED TO PAY TAX ON PREMIUMS.)*



2. **Nicotine form** required stating whether or not the employee is a nicotine product user. *(IF FORM IS NOT SUBMITTED, YOU WILL DEFAULT TO A "NICOTINE USER" AND A SUBSEQUENT PAYMENT OF SUBSIDY IF MEDICAL COVERAGE IS ELECTED)*

IT IS THE EMPLOYEE'S RESPONSIBILITY TO OBTAIN NECESSARY FORMS FOR SUBMISSION

Electronic forms will be available on employee Resources and Public Folders- "OPEN ENROLLMENT MEETINGS" (Nov 14th.)

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Other Collections Recognition Program
Have you collected for October?

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 September:

Employee	Office	Employee	Office	Employee	Office
Baird, Leslie	BEKP	Duren, Noel	CDLBL	Sherman, Treasure	CGHW
Brown, Shannon	B-430	Gilman, Debbie	PT Office	Wallis, Patti	Z/E
Cline, Angela	Samuelson	O'Sullivan, Nancy	JPS-Arl	Wylie, Carla	S/F-W
Connor, A. Diana	Penn SX	Parks, Sherry	GWW	Zamora, Michelle	B-440
Crawford Phillips, Sunny	PMB	Pena Hernandez, Cristina	CKC		
Cummins, Debbie	Dearden	Richburg, Theresa	GWW		



**September Winners:
Theresa Richburg, Treasure Sherman, Patti Wallis and Michelle Zamora**


When you have time, take a look at the new and improved Texas Health Care website. A lot of heart has gone into the web design by our committee members, and it has paid off. Thanks to Dr. Cynthia English for making the design a reality!

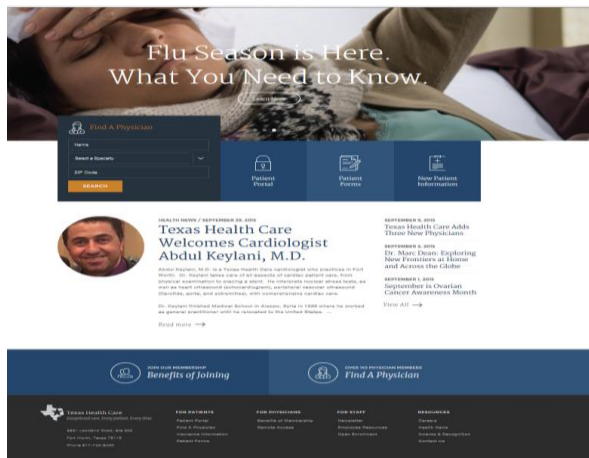
WWW.TXHEALTHCARE.COM

THE HEALTHY CHOICE

TEXAS HEALTH CARE WELLNESS PROGRAM

for THC Employees





Flu Season is Here. What You Need to Know.

Find a Physician

Benefits of Joining

Find a Physician

Holiday Weight

American adults usually gain one to two pounds each year, including slightly less than one pound during the holidays alone. That gradual weight, year after year, can raise your risk of serious health problems, such as diabetes, arthritis, and cardiovascular disease. Studies also show that fats - especially those found in fatty meats and cheeses, vegetable shortening, margarine, and some oils - can clog the arteries and contribute to heart disease. **Try trimming the fat, eating more fruits and vegetables and increasing exercise to keep you healthy at holiday meals.**