

choicemoments

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Value-driven. Quality Assured.

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TeamChoice Platinum and Assurant Health HSA's: The New Frontier in Lubbock Healthcare

With the recent surge in gas, food, and electricity prices, small business owners and employees are increasingly feeling the pains of the tightening economy. Trying to maintain their Small Group healthcare plans has become even more of a challenge in light of this, coupled with the medical inflation trend which has dramatically increased premiums over the past 10 years. With recent legislative changes, HSA's have become less restrictive and more employee friendly, making them more attractive than ever to small businesses. Not only do HSA's provide simplified benefit packages and big tax breaks to employees, but now groups can save up to 60% on their monthly premiums as a result of recently lowered Small Group HSA rates! With TeamChoice Platinum as our local network, Texas Panhandle health insurance discounts are even further magnified, making HSA's a desired plan choice for owners looking to strategically re-align their plans with their budgetary forecasts. Contact your agent for an HSA Small Group quote today, and see how much money you can save!!

TeamChoice
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Address Correction Requested

new providers

To verify that a new provider/facility participates with your specific employee health plan, please call (800) 683-3596.

Mitchell, Kory Lance, APRN	Cardiology	Graham, Franklin T, MD	Radiology
Cobb, John, MD	Psychiatry	Calvert Home Health Care, Ltd.	Home Health
Dentino, Andrew N., MD	Geriatric Medicine	Ravenscroft, Jenny L., MD	Neonatology
Faulk, Michael R., CRNA	Anesthesiology	Cunningham, Thomas, DC	Chiropractor
Cobb, Elizabeth Anne, MD	Internal Medicine	Garcia, Mario E., CRNA	Anesthesiology
Koerber, Conrad E., MD	Radiology	Jimenez, Vivian, FNP	Family Practice
Bradley, Jay C., MD	Ophthalmology	Yates, Marissa, MD	Family Practice
Vertz, Rodney A., MD	Pulmonary Disease	Dar, Nebeel S., MD	Radiology
Kadiyala, Srinivas P., MD	Pulmonary Disease	Dentino, Carole M., MD	Radiology
Chekuru, Naidu K., MD	Pulmonary Disease	Kanu, Adabi C., MD	Pediatrics
Smith, Gary D., MD	Pulmonary Disease	Larpanichpoonphol, Panpong, MD	Internal Medicine
Rivas, Shannon E., MD	Pulmonary Disease	Burwick, Cheryl, FNP	Family Practice
Johnson, Mark W., MD	Pulmonary Disease	Martin, Cheryl A., CRNA	Anesthesiology
Montgomery, Kendall J., CRNA	Anesthesiology	Kupper, Christopher A., CRNA	Anesthesiology
Dillehay, Rex L., CRNA	Anesthesiology		

Texas Tech Physicians Open Doors to Southwest Pediatrics Clinic



Texas Tech pediatricians began seeing patients at its new Texas Tech Physicians Southwest Pediatrics clinic at 6630 Quaker Ave., Suite C, on July 1. G. Steven Brown, D.O., who has served patients in Lubbock for more than 11 years, has gifted his general pediatrics practice to Texas Tech Physicians of Lubbock.

Brown is leaving Lubbock in September to serve as a medical missionary in Africa for a minimum of four years. He said he chose to donate his practice to TTUHSC so that his patients would have continuity of care. Brown completed his residency at TTUHSC.

"I wanted to make sure that the more than 2,000 patients I see have a medical home to go to as opposed to just closing the practice down," Brown said. "This is a great opportunity for Texas Tech Physicians to be in southwest Lubbock."

Nancy Valdez, M.D., and Elisabeth Goldwater, M.D., will carry on the practice for Brown. Goldwater, a Lubbock native, said she is excited to have the opportunity to provide quality health care to young people in southwest Lubbock.

"This new practice gives us a whole new outreach area," Goldwater said. "And it's a great opportunity for me to get to practice in the community where I was raised."

For more information, call Texas Tech Physicians Southwest Pediatrics at 743-7800.

Quiet, please: UMC tries to control noise

By Greg Bruce
Vice President
UMC Health System

Providing a quiet environment for patient recovery is a top priority for UMC employees. A few years ago, a Mayo Clinic study showed that nighttime noise in a hospital can reach a decibel level almost equal to that of a chain saw or jackhammer. Focusing on providing a quiet environment and looking at ways to reduce or eliminate noise is the goal of UMC's Quiet for You campaign. Every department in the hospital has completed a "noise inventory", looking at the equipment, facilities and other factors. From lubricating squeaky wheels on dietary charts and hinges on doors, to reducing intercom use and placing "Quiet for You" reminders on

computer monitors, UMC is creating a quiet environment for healing. As a result of the Quiet for You campaign, we hope to see patients reporting lower levels of pain and anxiety. In the first few weeks of the campaign, feedback from patients and their families are very positive. In addition to Quiet for You, UMC also provides the CARE channel in all patient rooms. This channel provides tranquil nature scenes and soothing music 24 hours a day.

For more information, Greg Bruce can be reached at 806.775.8652 or greg.bruce@umchealthsystem.com.

Diabetes Program Offers Education, Management Tools for Quality of Life

K. Michael Rice, MD, PhD, possesses extensive academic and clinical experience in the treatment of diabetes. While working on his PhD, he researched an insulin signaling mechanism and its relationship to insulin resistance.

As medical director of Lubbock's Rice Diabetes and Obesity Center (RDOC), Rice has the best interests of his patients in mind and believes that knowledge is power. The goal of the center is to provide patients with a comprehensive educational program that will inspire, motivate and support the successful treatment of diabetes and obesity. Patient and family education is an essential component in improving the quality of life for the patient dealing with diabetes and obesity.

The diverse program offers patients and family members the essential tools for self-management, education and training. The healthcare team of your physician, nurse educators and dietitians will strive to provide information and training on the successful day-to-day management of diabetes and obesity. The most important member of the healthcare team, however, is YOU.

Many different diabetes and obesity services are offered including support groups, nutrition and meal planning, exercise, lifestyle modification and intensive insulin therapy.

Monthly support groups are offered free of charge for the following groups:

- People with diabetes
- Children and young adults with diabetes and their parents
- Children and young adults dealing with obesity and their parents
- Adults dealing with overweight and obesity

Obesity is evaluated on a case-by-case basis by insurance companies. Our staff will assist you in finding out if you are eligible for these services.

- Symptoms of diabetes
- Extreme hunger
- Dry skin
- Frequent urination
- Excessive thirst
- Sudden vision changes
- Unexplained weight loss
- Tingling or numbness in hands or feet
- Drowsiness
- Wounds that are slow to heal

If you are ready to take control of your diabetes or obesity, call Rice Diabetes and Obesity Center at (806) 722-7423 and prepare to take control of your health!