

# The PULSE

January 2018  
mrhcok.com

## A Message from the CEO

### Legislative Update

Perhaps I should stop reading the newspaper about the wonky activity in the Oklahoma state legislature. Every month it just seems to get more unreal. For example, the House leadership is unclear on its path with at least three plans being worked today: (1) bring back HB 1054 the "Grand Bargain"; (2) bring back the stand alone cigarette tax at \$1.50; or (3) cuts to agencies and use special cash and go home. Unfortunately, they opted for (3) only to have it vetoed by the Governor. Now they are back to the drawing board - and maybe there will be another special session. I am not holding my breath - so prepare for impact. According to the Oklahoma Hospital Association, it is estimated that MRHC will see an annual reduction of \$1.43 million in Medicaid payments to McAlester Regional. That's based on the cumulative percentage cuts hospitals have suffered since 2010. BTW - that is before another 9% cut as announced by the Health Care Authority yesterday to start December 1st. I estimate 9% equates to an additional \$1.5M reduction. Somehow however, I do believe our state leadership will get this solved by the time this is printed.

### McAlester Regional Health Center or McAlester Regional Health System?

In my office are five old strategic plans dating back to the early 90's all

referencing the desire for MRHC to become a "Regional" hospital? It took a few decades, but I am convinced that our goal of becoming a Regional hospital is coming to fruition. For example, MRHC is the only level III Trauma Hospital and level-II stroke center within an hour's drive of any other capable facility; is building a new \$12M Emergency Center to service all the first responders of SE Oklahoma, has a robust Family Medicine rural residency program that is training future community doctors, created SEAN (SE Alliance Network), a collaborative of hospitals, clinics and community services, and has/will be opening new facilities in Eufaula, Wilburton and on the south side of McAlester. So that's it? I do not think so. My feeling is we will blast past becoming a Regional hospital and move quickly to becoming a "system" over the next two years. MRHC is now managing the Atoka County Medical Center, and is being asked to assist others. Our breadth and scale in helping other hospitals is gaining traction. We may find ourselves as a rural tertiary health system partnering or even managing other hospitals to the betterment of SE Oklahoma. Stay tuned.

Sincerely



David Keith, FACHE



**McAlester Regional**  
HEALTH CENTER

*Southeast Oklahoma's Leading Healthcare Resource*



## Southeast Clinic Happenings

The month of January is celebrated as Cervical Health Awareness Month and at Southeast Clinic OB/GYN, we want to make sure that prevention is at the top of your New Year's resolution list. Be sure to schedule your appointment with Dr. Torbati and his wonderful staff to ensure that this New Year begins with a healthy start.

Call his office today at 918-421-HOPE (4673).



## News

Happy Birthday to all of our members of the January birthday club! To view a full list of those birthdays in January, log into your ADP Self Service portal and view the birthday list!

If your birthday is in January, be on the look out for the Quarterly birthday party scheduled for Thursday, March 29, 2018! May this year be your BEST birthday EVER!



## FREE LABS!

Don't forget about the free labs that you may qualify for! Starting January 1, 2018, for employees who have elected our MRHC Health Plan, free lab vouchers are available. You can pick one up in HR. The free labs offered to those employees with our health plan are the Coronary Risk Profile, Comprehensive Metabolic Panel, Complete Blood Count, Thyroid Stimulating Hormone, and if you are over 55, Hep C Antibody. Remember, you must take your form to the lab with a self-addressed envelope. Results will be mailed to your home and you are responsible to consult with your physician on the interpretation of the results. The deadline to use this free benefit is March 31, 2018.



## Human Resources Update

### Employee Wellness Program 2018

The 2017 Employee Wellness Program ended on a great note! The main point of the Employee Wellness Program is that covered employees and their covered spouses are aware of their current health status and have the tools that he or she needs to maintain or improve that health status. During 2017, there were 544 biometric screenings. This is 85% of our covered employees and spouses! The standard for the business is 53% for the second year of an employee wellness program. Thank you for participating! Overall, our health has improved in BMI, Blood pressure, Glucose and Overall Risk! You all have been working hard and it showed! So, what happens now? Now, you can start on the 2018 program. Biometric screenings are tentatively scheduled for June. Before then, you can start working to possibly improve your scores even more! You can do this by going to the MRHC Wellness Center. Remember, for every week you go at least three times a week, you get 5 points for that week up to 100 points for the year! You can have a coaching session and talk with a coach about different techniques to improve your health status on an individual basis. This is worth 30 points for a max of 120. You can also start scheduling your 2018 annual health screening with your PCP, your annual cancer screenings and your vision and dental appointments! Look for the first quarterly meetings coming up in late March!



### W2s & 1095-Cs Available January 31, 2018

It's that time of year again! Tax time! W2s are your forms that show your income for 2017 as well as different tax reporting such as Federal Tax Withholdings, State Tax Withholdings, Foundation contributions, etc.... 1095-Cs are the Tax Forms that show your 2017 benefit elections and eligibility. These forms will be available January 31, 2018. You can access these forms via your ADP Self-Service Portal. If you do not know your user name and password, make sure you click "Forgot User Name and Password." You will need to input your name and either your email OR phone number tied to your ADP account. These forms will also be mailed. It is very important that you ensure that your address is up to date with HR. You can update your address via ADP Self-Service portal. If your W2 or 1095-C is returned to HR or payroll, we will place the envelope in the inter-office mailbox with a request for an address update. Please return the address update ASAP to HR so that we have the correct mailing address on file. If you have questions regarding your W2, please contact our payroll manager, Terry Zellmer at [tzellmer@mrhcok.com](mailto:tzellmer@mrhcok.com) or 918.421.3825. If you have questions regarding your 1095-C, please contact the HR offices at 918.421.8061 or use the email group "Human Resources."



## FISTFUL OF HOLLARS

Dust off your boots and join us on Friday, March 9th for our 2nd Annual Murder Mystery Dinner. The event will be held at the Southeast Expo Center in McAlester Oklahoma and you are promised to be in for a fun filled evening that you won't soon forget. You will be treated to dinner and a show. Doors open at 6 pm and a cash bar will be available. Following the show, the "Sunset Band" will be performing. All proceeds go to the McAlester Regional Health Center Foundation, helping to improve the health and lives of all those living in Southeast Oklahoma.

Tickets for the Murder Mystery Dinner can be purchased at <https://mrhcfoundation.ticketspice.com/fistful-of-hollars>. Be sure to like us on Facebook at <https://www.facebook.com/mrhcfoundation> and check out all of our events coming up in 2018. Donations to the Foundation can also be made by texting a dollar amount to 918-420-9274. It will then give you a link that you can set up a onetime or a reoccurring donation.