April 2019

TexHealth on GoFundMe

Want to join us in making a difference? TexHealth has been providing health insurance monthly payment assistance for the working poor in small businesses since 2013. Before TexHealth these low wage earners have effectively been shut out of health insurance due to excessive premiums. TexHealth has been a tremendous help to many of these wage earners by reimbursing one-third of their monthly premium, up to $110 per month. The cost of our program is split between the employer, employee and TexHealth. Although these funds come from the state; they’re not sufficient enough to support the growing number of the working poor. Your contribution as low as $25, $50 or $100 will help the uninsured, hard-working people afford healthcare and improved health outcomes.

Donate to TexHealth's Go Fund Me

TexHealth in Austin's Armadillo Awards
We've been nominated for the "Soul of Austin" in the 2019 Armadillo Awards! Voting has ended, but the finalists will be announced on April 25th at the 6th Annual Armadillo Awards Party celebrating local businesses and open to the public with RSVP!

Resource: Insulin Affordability with Lilly Diabetes
**Agaritas in April**

Let's hear it for this commonly seen but sometimes misunderstood native plant. **Agarita**, pictured to the left, is a slow growing shrub with signature spiny leaves, honey-scented yellow flowers in March, and delicious bright red berries in May.
Often thought of as a pesky plant by land owners and those who accidentally walk too close to it, Agarita is actually a very important home and food source to a diversity of Texas wildlife and pollinators. It's also incredibly delicious and medicinal! If you're lucky enough to have one on your property, try agarita jam this spring!

What's Going On In Health Care?

What Empowered Patients Need: Empathy, Time, and Attention

Empathy, time, and attention are what opinion leader e-patients need most from their physicians, and that's the most important outcome they get from an equal-level patient-doctor relationship. Cooperation between technology and healthcare is not enough on its own: the most decisive factor is the return of the human touch and reciprocal communication. That's the main finding of the latest study of The Medical Futurist Institute, entitled Opinion leader empowered patients about the era of digital health: a qualitative study, published in the British Medical Journal.

Uninsured Get Pushed From Hospitals Faster

Folks who aren't covered by private insurance are much more likely to get booted out of the hospital early, a new study finds. Uninsured patients were also more than twice as likely to be transferred to another hospital and 66% more likely to be discharged outright, compared with people with private insurance, the findings showed. People on Medicaid had nearly 20% increased odds of being transferred, but about the same odds of being discharged as those covered by private insurance, the researchers said.
AMA Backs United Health's Billing Codes For Social Determinants Of Health

Alcohol content measuring wristbands, smart lighters, nicotine tracking wearables, stop smoking apps, virtual reality therapies, automated messaging platforms are the newest elements in the arsenal of digital health technologies supporting everyone in the fight against addiction to cigarettes, alcohol or drugs.

Read more at Forbes

What Will Being Healthy Mean In The Future?

What does being perfectly healthy mean? Not having any visible symptoms, hidden ones or successfully coping with any disease? Is it the opposite of being sick or more than that? How did the concept change throughout the centuries? Does it have a connection to technological change? How will we talk about the distinction between health and disease in the age of big data and artificial intelligence? Spoiler alert: philosophical contemplations ahead.

Read more at The Medical Futurist

Recipe Corner

Best Ever Guacamole
Guacamole is meant to be easy to make and delicious. Plain and simple. The key to making it the best ever is high quality ingredients and good storing strategy to prevent the dreaded browning. The ultimate Texan necessity for every party. Simple, classic, Texas.

**Ingredients**

- 3 avocados (ripe)
- 1/2 small onion, finely diced
- 2 Roma tomatoes, diced
- 3 tbsp, fresh cilantro, chopped
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 tsp sea salt

**How to Make It**

1. Slice the avocados in half, removed the pit and skin and place in a mixing bowl. Mash the avocado with a fork and make it as chunky or smooth as you’d like.
2. Add the remaining ingredients and stir together.

**Make Ahead**

Press plastic wrap firmly against the surface of the guacamole and refrigerate overnight.

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**Tex Health Testimonials**

“Without TexHealth I wouldn’t be able to have health insurance. With it, I’m able to keep me and my kids up to date on meds and well checks.” - Employee

“The service that TexHealth provides is vital to my small business. Not only did affordable health care allow my husband and I to realize our dreams of starting a family, but it helps my small business to thrive. I am able to offer benefits to my employees that they wouldn’t otherwise be able to afford and assists me in recruiting and maintaining amazing staff. It helps level the playing field for small business with big corporate businesses. Austin prides itself on supporting small business and I think TexHealth is the definition of small business support. I just really can’t say enough about what they mean to me and my family.” - Employer