

Congratulations



Primary Health Choice, Inc. has been issued through February 28, 2021.

Primary Health Choice, Inc. A Primary Choice, Inc

In God We Trust



First Quarter 2019

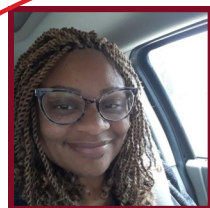
Mission Statement

We are committed to helping and providing all individuals and families with the best of services to enhance, grow, and maintain a high quality of life. The needs of each and every individual we serve are first and foremost. We strive on the belief that all individuals should receive the best services regardless of any factors.

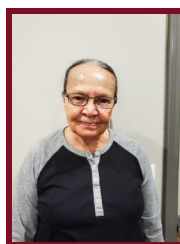
Employee of the Quarter



Primary Health Choice, Inc.



Rosalind Antone
NCIW QP



Margie Lambert
NCIW Field Staff



Selena Jones
Whiteville Office Manager



Deondra McMillan
St. Pauls Field Staff



Agency Update

Primary Health Choice, Inc and A Primary Choice, Inc are both proud to announce our newest locations in Wadesboro, Asheboro & Wilmington. Be on the look out for future announcements as we continue to expand services across the state of NC. We are excited about our new ventures and future opportunities to serve.

Office Closed

The offices will be closed on the following dates in observance for future holidays:

- 04/19/2019
- 05/27/2019
- 07/04/2019

Please see your office manager for additional information.

"CARF Reminders"

- Please be knowledgeable of where your first aid kit is located in your office
 - All computers must be password protected
 - All Medical Record charts must be signed out
 - Don't forget to sign in and out everyday

All consumers and families are invited to attend Primary Health Choice, INC HRC/CFAC Meeting on April 25, 2019 at 12:00pm. The meeting will be held at 107 A Mount Moriah Church Rd. Lumberton NC. Topics of discussion will include accommodations, gaps in services, MH updates, incident reports and consumers suggestions. Light refreshments will be served and door prizes will be available for attending guests.

Primary Health Choice, Inc.

"Individuals' First Choice"



Avoiding Burnout In The Work Place

Burnout can be described as "A state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations."- Ayala Pines. Weather you are working in an office or in the home of clients at anytime, anyone can experience burn out. Burnout mostly impacts those that are highly committed to their work. Symptoms of burnout may include: Having a negative and critical attitude at work • Dreading going to work and wanting to leave once you get

there • Having low energy • Having trouble sleeping • Experiencing physical complaints such as headaches, illness, or back-aches • Being irritated easily by team members or clients • Feeling that your work or contributions goes unrecognized and/or • Blaming others for your mistakes. People experience burnout for a variety of reasons, but there are ways to minimize stress that could potentially lead to burnout. The following are a list of healthy suggestions that may assist you with avoiding burn-out in the work place:

Take control and manage your time

Exercise Regularly

Work with a purpose



Learn how to manage stress

Get Enough Sleep

When possible, Delegate work

Remember, if at any time, stress and burnout are causing you to worry about your health, seek the advice of an appropriate health professional. Also seek assistance from your immediate supervisor as an additional resource.



If you can use some extra cash, Please see your office manager and inquire about the agency's ERP program or contact Shannon Lane at the corporate office at 910-865-3500

DEADLINE

Monday, April 15, 2019 is IRS Tax Deadline / Extension Day !

Welcome



Join us in welcoming all new administrative and direct care staff to our team. Thank you for choosing Primary Health Choice, Inc & A Primary Choice, Inc. as your place of employment.



Primary Health Choice, INC has partnered with WellSky, an electronic health records database, that is specifically designed for behavioral health and intellectual and development disabilities (IDD) providers. Currently all clinicians, Qualified Professionals, Associate Professionals and Direct Care Staff is utilizing this program which affords the agency the ability to electronically measure client outcomes and improve efficiency of service delivery to our clients. Congratulations to all Primary Health Choice, Inc employees for all of the hard work and dedication that went into achieving this goal.

ADP

A Primary Choice, Inc payroll is currently being serviced by a new vendor ADP. ADP affords us immediate access to our paystubs and W2 forms 24/7/365. You are required to establish a personal email address to access the employee portal. If you are experiencing any difficulties with obtaining an email account please see your office manager for assistance. Primary Health Choice, Inc employees will be introduced to this program at a later date.

Day Supports & NC Innovations staff will hold their annual Easter Egg Hunt for Clients and Staff on Thursday April 18, 2019. It will be a fun and exciting time for the clients that will include games, food, music, and even the Easter Bunny will be in attendance. We would like to send an advance THANK YOU to all of the NC Innovations and Day Support staff that assisted with the planning of this event!



THANK YOU

