

Premier News

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2011 - 2012 Payroll Due Dates

11/14/2011
11/28/2011
12/12/2011
12/26/2011
1/9/2012
1/23/2012
2/6/2012
2/20/2012
3/5/2012
3/19/2012
4/2/2012
4/16/2012
4/30/2012
5/14/2012
5/28/2012 ♦

Enterprise Car Rental

Don't forget that as a Premier employee you can use our corporate account number when renting a car from Enterprise. You may save a few bucks! That number is 10C9842. ♦

Verizon Discount

Don't forget that as a Premier employee you can get a discount on your wireless bill. There is a form on HR Online to fill out and take to the Verizon store along with a recent check stub. ♦

Premier Carrier Listing

Premier participates with the carriers on the following list.

Medicare	Medicaid
Mass.	MA
Conn.	Conn.
RI	Not RI Med.
RR MCR	N/A

BlueCross and BlueShield

Mass includes: HMO Blue and Ancillary
 Rhode Island (Global Contract)
 All but **NOT** Blue Chip

Other (G) indicates Global billing by Premier

Aetna/US Healthcare	Champus / TriCare
Cigna and Health Source	CCN/HCVN (G)
Fallon	First Health
Freedom Care	MD Health Plans
Harvard Pilgrim	HCVN/CCN(G)
NHP of Massachusetts	NHP of RI
Pioneer	Private Healthcare
Tufts	United HC
US Healthcare/Aetna	Unicare ♦

Insurance Programs Premier DOES NOT ACCEPT

Health Safety Net
 Mass Health LIMITED
 These patients must be seen at an Emergency Room or a Community Health Center. ♦

Premier Holidays in 2012

New Years Monday, January 2, 2012
 President's Day Monday, February 20, 2012
 Patriot's Day Monday April 16, 2012
 Memorial Day Monday May 28, 2012
 Independence Day Wednesday July 4, 2012
 Labor Day Monday September 3, 2012
 Thanksgiving Day Thursday November 22, 2012
 Black Friday! Friday November 23, 2012
 Christmas Day Tuesday December 25, 2012
 Floating Holiday You choose the date! . ♦

Quote

The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists. —Charles Dickens
 ♦

One more reason to embrace your inner choco-holic

Chocolate doesn't just make you feel better when you're depressed (or happier when you're not). There's some evidence that it may actually be good for your health. According to a meta-analysis of medical data reported in the *British Medical Journal*, eating chocolate may decrease your risk of heart disease by 37 percent and your risk of stroke by 29 percent.
 ♦

Don't overdo holiday eating

The December holidays are a time of joy, remembrance, and food. Mostly food, it seems, and that makes it hard to stick to a healthy diet.

You don't have to wait until New Year's Day to renew your commitment to nutritional sanity, and you don't have to practice complete denial, either.

Follow this advice to maintain some balance:

- **Don't skip meals.** If you avoid lunch in order to offset a big family dinner, you'll probably eat more because you're extra hungry. Eat breakfast and lunch so you're able to control your appetite when the mashed potatoes and gravy come your way.
- **Exercise portion control.** Don't overload your plate. Take sensible portions of whatever comes your way, and you won't feel compelled to consume every last bite in order to avoid wasting food.
- **Eat slowly.** Your stomach can fill up before you're aware of it, which means you may eat more than you really want or need—leaving you stuffed and uncomfortable. Make an effort to put down your fork and chew thoroughly between bites, and drink plenty of water before and during your meal.
- **Sit with the right people.** If possible, sit next to a companion whose eating habits mirror the example you want to follow. If your partner is an athlete with an enormous appetite, you'll tend to eat a similar amount, but if you're seating next to someone who'd

watching his or her weight, chances are you'll exercise the same self-control.

• **Focus on the holiday.** Remember that holidays are about more than just eating. Make an effort to talk to people and enjoy the season without just concentrating on food.

• **Get right back on track.** If none of the above advice works, don't waste time beating yourself up over it. Just remind yourself of the long-term benefits of healthy eating to motivate your return to good habits. ♦

Caffeine Withdrawal:

What to expect

Planning on giving up coffee for the health benefits? If you're pregnant, prone to anxiety attacks, or worried about being addicted to caffeine, giving it up may be a good idea. Just watch for the symptoms of withdrawal. They can include headache, fatigue, drowsiness, and difficulty concentrating.

The symptoms can arise quickly. Medical experts say they generally begin 12–24 hours after your last cup of coffee (or whatever form you regularly take your caffeine in), and can last up to two weeks. So be prepared (and warn those around you as well). ♦

Important Dates in December

Monthly

Bingo's Birth Month.
Toy merchandiser

Edward S. Lowe introduced the modern game of Bingo (which had existed in different forms since the 16th century) in 1929. Since then it has become a favorite fundraising tool of churches and charities.

National Tie Month. Do you know which tie to wear for a black-tie event? A white-tie event? The Protocol Institute website offers guidelines and tips for wearing the neckties given so often as gifts during the month of December.

National Write a Business Plan Month. Whether your New Year's resolution is to start your own business or to keep it going, December is the time to start planning. A good business plan should define your goals, set objectives, identify your niche, and create a timeline for reviewing your progress.

Root Vegetables & Exotic Fruits Month. The Centers for Disease Control and Prevention's Fruits and Veggies Matter website designates December as a month to enjoy parsnips, rutabagas, kumquats, ugli fruits, and other healthful foods (in between holiday cookies and cakes, of course).

Safe Toys and Gifts Month. Don't let potentially harmful presents turn your holiday celebration into a trip to the emergency room. Prevent Blindness America cautions gift-givers to buy age-appropriate toys, review warnings, and avoid any toys with pieces that shoot or fly off.

Weekly

Cookie Cutter Week, Dec. 1-7. If you collect cookie cutters, this week is for you. And if you just like to bake holiday cookies for your friends, family, and co-workers, Cookie Cutter Week is the perfect excuse to get out your cookie cutters and fire up the oven.

Human Rights Week, Dec. 10-17. Human Rights Week is held every year to commemorate the adoption of the Universal Declaration of Human Rights by the United Nations on Dec. 10, 1948—the first formal, globally accepted document establishing the most fundamental of human rights.

Gluten-Free Baking Week, Dec. 18-24. Baking without wheat and gluten can be challenging, especially during the holidays. Sponsored by GF Culinary Productions (Denver), this week focuses on using a wide

variety of gluten-free flours and mixes that are available to replace wheat flour in traditional baking.

Daily

National Miner's Day, Dec. 6. Honoring the accomplishments and sacrifices of the nation's miners, past, present, and future.

Pearl Harbor Day, Dec. 7. Date of the Japanese attack on the U.S. Navy base at Pearl Harbor, Hawaii, which brought the United States into World War II.

First night of Hannukah, Dec. 2. The beginning of the eight-night Jewish holiday celebrating the rededication of the Temple of Jerusalem.

National Haiku Poetry Day, Dec. 22. Celebrating the ancient Japanese poetry form, the haiku. "Winter nights, soft, cold/Lead to new mornings of life/And chances for joy."

Christmas Day, Dec. 25. Christian holiday celebrating the birth of Jesus.

First Day of Kwanzaa, Dec. 26. This seven-day celebration of African heritage and culture continues until Jan. 1. ♦

A cucumber solves common problems?

The humble cucumber can be useful for more than salads. Here are a few creative uses for this common vegetable:

- **Battle the mid-afternoon slump.** Instead of guzzling a Red Bull, try nibbling a cucumber. It contains B vitamins, Vitamin C, calcium, and other nutrients that can perk up your energy level.
- **Prevent a hangover.** With their sugar and electrolytes, cucumbers can replenish nutrients lost after a night of drinking, helping you wake up refreshed and headache-free.
- **Soothe your tired eyes.** Place a slice of cold cucumber over each of your eyes for about 15 minutes. The moisture will cool your skin and allow the blood vessels in your eyes to contract, easing the swelling. ♦

The logo features the word "PREMIER" in a bold, red, serif font, with a blue double-lined arrow pointing to the right passing through the letters. Below it, "DIAGNOSTIC SERVICES, INC." is written in a smaller, black, sans-serif font.

* Passionately serving the community * Reliability in the industry * Excellence in service quality *
* Motivated to succeed * Integrity in action * Empowering our partners * Responsive to customer's needs *