

# NOTICES

## NOTICE OF FILING DEADLINES

The East Coke County Hospital Board of Directors hereby gives notice of filing deadlines for the May 6, 2017 Election. Two (2) Directors will be elected for a term of two (2) years each. Candidates may file applications for inclusion on the ballot between January 18, 2017, and February 17, 2017. Applications and petitions may be obtained at Bronte Health and Rehab Center during normal business hours, 8 am to 4 pm, Monday through Friday. Any questions may be addressed to Fran Sonnenberg, Filing Officer.

29-2tc

## Healthcare Trends for 2017

By Tom Quirk CEO for UnitedHealthcare of Texas and Oklahoma

The U.S. health care system will continue to evolve during 2017, with new technologies and programs helping make care more efficient and accessible for more Americans. Here are five health care trends to monitor during the coming year.

**Fitness Trackers:** The wearable-technology market is booming; the industry's value is expected to reach \$31.2 billion by the end of 2020, according to a recent research report. This is good news for consumers, as wearable devices enable people to track their daily steps, monitor their heart rates and analyze sleep patterns. Some employers and health plans, such as UnitedHealthcare Motion™, are including fitness trackers as part of wellness programs, enabling some employees to earn up to \$1,500 per year in incentives by meeting specific daily walking goals. Employers are expected to incorporate more than 13 million wearable and fitness tracking devices into their wellness programs by 2018, according to technology consultancy Endeavors Partners.

A related study published in Science & Medicine showed people tend to overestimate how much exercise they get each week by more than 50 minutes, and they underestimate sedentary time by more than two hours, underscoring the importance of a wellness program like UnitedHealthcare Motion.

**Workplace Wellness:** Besides fitness trackers, some employers offer other wellness incentives, which can include gift cards, lower health insurance premiums, cash bonuses, and discounts on gym memberships. An estimated 70 percent of employers already offer wellness programs and 8 percent more plan to do so during the next year, according to a 2016 study from the Society for Human Resource Management. The value of corporate wellness incentives has increased to \$693 per employee, up from \$430 five years ago, according to a recent study from the National Business Group on Health. However, the study found that fewer than half of eligible employees earned the full incentive, with workers leaving millions of dollars of unclaimed rewards.

**Comparison Shopping:** The internet has transformed how people purchase goods and services, and it is doing the same for health care. Some new online and mobile services enable people to comparison shop for health care based on quality and cost. The Health4Me app, available on iPhone and Android devices, enables users to identify nearby health care providers and facilities, as well as compare quality and estimated cost information for more than 850 common medical services. With a growing number of Americans now enrolled in consumer-directed health plans, more people are using online and mobile health care transparency

resources. More people (32 percent) are using websites and mobile apps to comparison shop for health care, up from 14 percent in 2012, according to the recent UnitedHealthcare Consumer Sentiment Survey.

**Get Care Anywhere:** New mobile apps now enable people to meet with a primary care physician and specialist to obtain medical care, with the goal of providing convenience and more affordable care. The cost of a video-based virtual visit is usually less than \$50 and may provide significant savings when compared to costs for similar minor medical needs treated at a doctor's office (approximately

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 \$80), urgent care facility (approximately \$160) or emergency room (approximately \$650), according to UnitedHealthcare claims data. Recent advances in audio and video technology is enabling people to obtain a diagnosis and necessary prescriptions for minor medical needs including allergies, sinus and bladder infections, bronchitis and other conditions.

## ... Automatic Vehicles

(Continued from page 3)

technologies. The rapid rate at which this technology is progressing will ultimately require a formal testing plan to be developed and approved by the appropriate state and local agencies, including the Texas Department of Public Safety and the Department of Motor Vehicles. Until then, initial testing will take place on closed research proving grounds.

TxDOT joins the Texas A&M Transportation Institute (TTI), The University of Texas at Austin's Center for Transportation Research (CTR), Southwest Research Institute (SwRI) and 32 municipal and regional partners to form the Texas AV Proving Grounds Partnership.

# COKE COUNTY UNDERGROUND WATER CONSERVATION DISTRICT

## Static Levels & Rainfall 2001-2016

Static Levels Below Surface (Ground to Top of Water)		Rainfall Network	
2001	61.75'	2001	
2002	61.67'	2002	
2003	61.82'	2003	24.69"
2004	62.07'	2004	33.54"
2005	61.65'	2005	28.15"
2006	60.97'	2006	15.29"
2007	60.24'	2007	33.08"
2008	61.88'	2008	20.68"
2009	61.76'	2009	19.00"
2010	61.55'	2010	26.33"
2011	64.43'	2011	8.94"
2012	65.72'	2012	25.61"
2013	69.80'	2013	21.57"
2014	69.23'	2014	18.53"
2015	60.40'	2015	32.16"
2016	59.76'	2016	36.44"
<b>16 Years Static Average 20 Wells 62.79'</b>		<b>14 Years Rainfall Average 30 Gauges 24.57"</b>	

For our Bronte customers' convenience, there is a Drop Box at SHIRLEY'S PLACE in Downtown Bronte

# IVEY MOTORS

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2013 Ford Taurus Limited \$13,995  
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