

Coastal Bend Association of Health Underwriters



CALENDAR

December 14th 2010,
CBAHU Holiday Party
Hilton Garden Inn
6:00pm – 8:30pm



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December 2010



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Polly's Ponderings...

I cannot believe it is the end of the year. Time flies when you are having fun. There has been so much on everyone's plate this last year, Obama Care, Elections and life itself. Hopefully we will get more clarification on Health Care Reform in the months to come. Remember to go on www.nahu.org and get all the latest. With a few simple clicks you will have access to exclusive member only information. To log in to www.nahu.org:

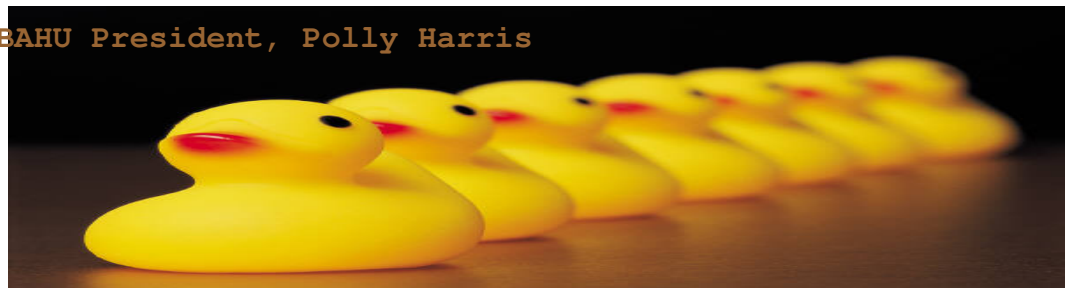
1. Click on the login button (red button in upper right-hand corner).
2. Type in the email address you used when you joined NAHU.
3. Type in the password you chose when you joined NAHU.
4. If you don't remember your login information or need to reset it, follow these simple steps:
 - a. Click on log-in red button in upper right-hand corner
 - b. Click on trouble logging in
 - c. Type in your email address; Type in your first and last name; type in your zip code; click reset.

Of particular interest is NAHU's health reform resource page, which will assist you with making sense of the many reforms and changes brought about by the Patient Protection and Affordable Care Act.

You can also change and update your contact information by clicking on My NAHU.

Our CBAHU Christmas party is Dec. 14. We have live music and big DOOR PRIZES. We have a cash bar from 6-6:45.

CBAHU President, Polly Harris



CBAHU Executive Board

President	Polly Harris
President Elect	Denise Villagran
Vice President	Bob Corrigan
Treasurer	Elsie Gaertner
Secretary	Shelley Love
Past President	Tina Durand

Committee Chairs

Membership	Nidia Hafer
Awards	Denise Villagran
Hospitality	Laura McClelland
Legislative / GRIP Garcia	Leo Barrera / Eddie Garcia
Grip Goddess	?
Education	Nedra Clingan
Media	Tina Durand
Public Service	Patricia O'Brien
Newsletter	Shannan Phillips
Website	Tiffany Pharis
Sponsorship	Gae Callaway
Care Chair	Cindy Gentry

Trustees

Rick Ott, Kelli Campion, Annie Castro,
Laura Hebert, Nedra Clingan

Trustees Emeritus

Diane Lee, Kathy Greene, Denise Villagran



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Healthy Notes!

How Sweet it is - November and December are the peak season for sweet potatoes. Sweet potatoes are one of the most nutritious foods you can eat. In addition to being high in vitamin C and fiber, a medium sized sweet potato has only 95 calories and contains more than double the daily recommended amount of vitamin A. Their low glycemic number (how fast they turn to sugar in the blood stream) also makes sweet potatoes a better choice than white potatoes and other starches such as white rice and refined pasta.

The Jewel fruit – Pomegranates are hailed for their high content of Vitamin C and other health promoting antioxidants. Although they appear exotic, they can be easily cleaned and prepared and will add a tangy flavor and crunch to salads and savory dishes.

For tips on cleaning and preparation visit www.pomgranates.org.

Root Vegetables with Pomegranates

2 large sweet potatoes scrubbed and chopped into sheet

bite-sized pieces bowl,

10 medium carrots, thickly sliced salt,

2 tbsp. Extra-virgin olive oil carrots to the

6 tbsp. 100% Pomegranate juice mixture.

Kosher salt to taste and

½ cup fresh pomegranate seeds

Preheat oven to 400F. Coat a baking

with olive oil cooking spray. In a medium

whisk together olive oil, pomegranate juice,

and pepper. Add the potatoes and

bowl and toss to evenly coat with the

Spread the vegetables on the baking sheet

roast for about 40 minutes (stir twice) until

Education News!!!

Dear TAHU members –
The value of your membership has just increased!

If you have taken the SB79 8 hour CE, passed the exam and are a member of either TAHU or NAHU, then you can now earn the Small Group Specialist DESIGNATION (SGS)! That's right, the SB79 CE is now a designation.

There are some rules to receiving the designation:

If licensed in Texas, the agent must be a member in good standing of TAHU. If licensed in another state, the agent must be a member in good standing of NAHU.

The agent must have completed the Texas Small Employer Group Certification continuing education course, if a Texas agent, or hold one of the approved designations of Chartered Life Underwriter (CLU), Registered Health Underwriter (RHU) or Certified Employee Benefit Specialist (CEBS) as specified in Texas statute SB79.

The agent must abide by all requirements of Texas Insurance Code Sec. 1501.351 (c) to “offer and explain to a small employer on inquiry and request by the employer each health benefit plan established by the commissioner ... “

The agent must complete the required application and pay the required fee to TAHU. The initial designation fee is \$100 and the renewal fee (per license period) is \$50.

Designation as a Small Group Specialist will be given only to agents who have taken and passed the classroom examination of the required continuing education course presented by an instructor and who are members of TAHU or NAHU.

Coastal Bend Association of Health Underwriters POLICY & PROCEDURES

POLICY TITLE: CBAHU Continuing Education Fees

CLASSIFICATION: Education

DRAFTED BY: Nedra Clingan, Immediate Past-President

DATE SUBMITTED: April 20, 2010

APPROVED REVISED _____ NOT APPROVED _____

PURPOSE: To establish costs for continuing education courses offered to members during monthly luncheon.

POLICY: When continuing education courses are offered during monthly luncheons a fee may be charged according to the following guidelines. When the course is 1 hour, the course should be scheduled during lunch and no fee will be charged. If the course is more than 1 hour, it may be scheduled before or after the luncheon and a minimum of \$10 per hour fee will be charged for all members and \$20 per hour for non-members. No discounts will be applied for grandfathered members.

This policy shall be reviewed for language and application on a triennial basis following its last revision, and every three years thereafter.

**COASTAL BEND ASSOCIATION OF HEALTH UNDERWRITERS
NAHU MEMBERSHIP APPLICATION**



Last Name	First Name	Designation (s)
Company	Title	Referred by / Sponsor
Mailing Address	City	State Zip
Telephone	Fax	Email Address

Home Address (for Legislative Purposes)	City	State	Zip	Home phone number
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Full NAHU Membership:
 NAHU Dues \$195.00
 TAHU Dues \$100.00
 CBAHU Dues \$15.00

Total Dues \$310.00

___ Check payable to NAHU
 ___ Monthly Bankdraft \$25.83/mo
 ___ VISA, M/C, AMEX

Local Affiliate Member: \$55.00 Renewable billed Jan 1st (Current full member of another TAHU Chapter)
 Local Associate Member: \$50.00 Renewable billed Jan. 1st (support staff not working in sales capacity)
 Bank draft not available for Affiliate & Associate Memberships. (Checks payable to CBAHU)

Credit card # _____ Signature: _____
 Expiration Date: _____ Val. Code _____ Circle One: VISA M/C AMEX

Bank Draft Authorization: I / We hereby authorize the National Association of Health Underwriters to initiate debit entries to my / our account named at the Bank below, hereinafter called BANK. This authority is to remain in force and effect until BANK has received written notification from me / us of its termination in such time and in such manner as to afford BANK a reasonable opportunity to act on it.

(A BLANK VOIDED CHECK FROM THE ACCOUNT YOU WISH TO HAVE DEBITED MUST ACCOMPANY THIS APPLICATION)

Name _____ Bank Routing _____ Account _____
 Signature _____ Date _____

Mail Application & Check to: Nidia Hafer - Membership Chair Ph# 361-658-5630
 Via email: ndhafer@sbcglobal.net Fax# 361-852-9001

Please indicate your area of practice:

___ Long Term Care	___ Disability	___ Managed Care	___ Retirement
___ Individual	___ Large Group	___ Small Group	___ Worksite Marketing
___ TPA	___ Self Insured	___ Medicare Supplement	___ Dental

Board Committees I'd to help on:

___ Membership ___ Special Events ___ Newsletter ___ Education events (CE)
 ___ Legislation ___ Anywhere I can be useful