



VALUE CARE HEALTH SYSTEMS, INC.

NEWS LETTER

VOLUME VI, ISSUE II

VALULINK

JULY 2014

MANAGE YOUR ACCOUNT ONLINE

via ValuCare Account Manager

By: Jonathan E. Gutierrez—SVP Sales and Marketing

In its drive to innovate and to make “HealthCare you Can Count On” an everyday commitment to its customers, ValuCare is set to launch an online enrollment facility that will enable our corporate partners to transact online for additional enrollments as well as for cancellation of memberships due to resignation/separation/termination and change in information of members; anytime, anywhere. Transact seamlessly with no paper work, no long waiting time, all at no additional charge.

Our customers always aspire to make things easier and faster at less cost. From mobile apps, and its own Personalized Access to Laboratory Services (P.A.L.S), ValuCare prides itself in constantly improving its ways to achieve these aspirations, always on the look-out for more innovations.

(Read Guidelines—Page 5)



www.valucare.com.ph/vcam

CHECK IT NOW!

INSIDE

- 2 Gifts for Special children / Computer Donation
- 2 DOLE—BLES Recognition
- 3 Big Year for Big Rewards
- 3 Welcome to the family
- 4 Health Tips—Mers Cov
- 4 Health Tips—Aids
- 5 ValuCare New Accounting Manager
- 5 VCAM-Guide / Tickle Side
- 6 Birthday Celebrants with EVP/COO
- 6 VC Summer Outing



Download Now!
**VALUCARE
ANDROID APP**

Available in Android Market



HEALTH TIPS MERS-CoV

By: Elmer Palomata, MD, RN, DPCOM—AVP for Underwriting and Customer Care

MERS CoV, or Middle East Respiratory Syndrome Coronavirus, is a viral illness primarily manifesting acute respiratory symptoms. It is not known yet for certain where the virus came from, but some studies have associated it with camels and bats, which may have been passed directly to humans. This virus, first reported in Saudi Arabia in 2012, is considered a deadlier but less-transmissible cousin of the SARS virus which erupted in Asia in 2003.

Symptoms include fever, colds, cough, difficulty of breathing, and in some cases, diarrhea. It may also complicate to pneumonia, and kidney and respiratory failure in advanced cases.

If you recently traveled to countries in the Arabian Peninsula or neighboring countries and developed these symptoms within 14 days, you should see your healthcare provider and mention your recent travel. The Department of Foreign Affairs does not recommend that anyone change their travel plans because of MERS CoV, more so prevent Overseas Filipino Workers from returning to the Philippines.

(Read more on Page 5)

GIFTS FOR SPECIAL CHILDREN

in partnership with the SERVANTS OF CHARITY

By: Lorie V. Castillo—HCMA Manager

Value Care Health Systems Inc. extended its celebration of the company's 17th year anniversary with an outreach activity in partnership with "The Servants of Charity – Guanella Center" in Pasong Tamo, Tandang Sora Quezon City last June 21, 2014. The *Servants of Charity* is a religious order dedicated to providing care to the poor and disabled through charity and service. It is an institution headed by the Guanellian priests where special children live and are taken care of.

The program was graced by the welcome message from the Senior Vice President for Operations, Mr. Armando S. Macalino. VC Officers participated in the fun games, entertainment and food dissemination. Donation of goods and grocery items followed after the closing message of Ms. Rosemarie U. Yu, EVP and Chief Operating Officer. The activity is truly heartwarming and memorable to all. We look forward to more fruitful years of ValueCare!



17TH Anniversary

Computer Donation | VC's Advocacy Continues

By: John Derrick Sualog — Web Developer / Graphic Designer

Value Care's advocacy to help in nation building continues by way of participating in various activities for its corporate social responsibility programs. In the past years, Value Care partnered with different government and non-government organizations to conduct different outreach programs in areas such as, health, education, social welfare, and the environment.

Last February 25, 2014, Value Care in cooperation with Technical Education and Skills Development Authority (TESDA) donated twenty five (25) units of second hand computers, including monitors, mouse and AVR to Brgy. Antipolo, San Pascual, Batangas City.

The computer donation would be a great help for the said barangay to build its own Outreach Learning Program. The said event was led by our EVP & COO, Ms. Rosemarie U. Yu, SVP for Operations, Armando S. Macalino, Manager HCMA, Ms. Lorie V. Castillo and Manager ICT, Mr. Jeffrey B. Copiaco.



DOLE-BLES RECOGNITION TO VC

By: Lorie V. Castillo—HCMA Manager

The Bureau of Labor and Employment Statistics held the "Users' Forum on BLES Surveys and Recognition Awards for Partners in Statistics" on December 13, 2013 at the Century Park Hotel, Manila. The BLES presented the highlights of the results of its latest establishment surveys, the 2011/2012 BLES Integrated Survey (BITS), the 2012 Occupational Wages Survey (OWS) and the 2002-2012 Labor Turnover Survey (LTS). In this event, BLES recognized selected establishments including the media for the continuous accommodation and positive response to said surveys.

Value Care Health Systems Inc. is among the top twenty (20) establishments respectively, Frabelle Fishing Corp., Goldilocks Bakeshop Inc., MERALCO, Alpha Plumbing Works, Inc., SM Mart, Inc., Sofitel Philippines Plaza Manila, Metropolitan Bank and Trust Co., Emirate Security Systems, Inc., System Encoding Corp., Chiang Kai Shek College, Commonwealth Foods, Inc., San Miguel Corp., D.M. Consunji, Inc., Fluor Daniel, Inc. Phils., Mercury Drug Corp., PLDT Co., Magsaysay Maritime Corp., Convergys Phils. Services Corp., Maersk Global Service Centers (Phils.) Ltd., together with three (3) media members who were awarded with plaques and tokens of appreciation. Value Care Health Systems Inc. and the other establishments' invaluable contributions throughout the years have made possible for BLES to deliver its key mandate in providing timely, accurate and relevant statistics to various clients.



VC GOES BIGGER AND BETTER!

BIG YEAR FOR BIG REWARDS

By: Joy Camille G. Gomez (Marketing Communications Officer, Business Development Department)

The Sales and Marketing Division through the Sales Intermediary Unit could not have been more excited in welcoming the New Year. "Count Your Rewards"-- a 6-month long sales drive-- was launched last January 24 at One Corporate Centre with ValuCare's esteemed agents, agencies and brokers. Also joining them were members of the Management Team Ms. Rosemarie U. Yu (EVP & COO), Mr. Armando S. Macalino (Senior Vice President for Operations), Dr. Elmer M. Palomata (Assistant Vice President for Underwriting & Customer Care), Dra. Anna Karmela O. So (Manager, Provider Network & Utilization Management), Ms. Amelia C. Oliquino (Manager, Finance) and Mr. Jeffrey B. Copiaco (Manager, ICT).

ValuCare's business partners were briefed by Senior Vice President for Sales and Marketing Jonathan E. Gutierrez on the mechanics and eligibility of the said sales drive. Corporate HMO accounts, whose effectivity date falls any time between January 1, 2014 to June 30, 2014, are eligible to earn points with corresponding rewards. The floor was open for queries and concerns during the open forum.

Rewards include appliances, smart phones, tablets, sunset cruise, overnight and buffet in a 5-star hotel and trip incentives to domestic destinations like Cebu and Palawan and international destinations including Hong Kong, Singapore, Malaysia and Vietnam.



WATCH OUT FOR OUR NEXT SALES DRIVE TO BE LAUNCHED ON SEPTEMBER 1, 2014 !!!

WELCOME TO THE FAMILY SAN SEBASTIAN RECOLETOS



L-R: From ValuCare, John Christopher Punzalan (Sales Coordinator, Direct Sales Unit), Dr. Elmer Palomata (AVP for Underwriting and Customer Care), Jhoanna Nanquil (Manager, Account Management) & Jonathan Gutierrez (SVP for Sales and Marketing); From San Sebastian Recoletos: Rev. Fr. Christopher Maspara, OER (President), Rev. Fr. Don Besana, OER (VP for Administration and Director of HR Development Center), Ms. Shirley Claro (HR administrative assistant), Ms. Sherlita Mendoza (Comptroller) & Ms. Grace Poblete (HR Manager).

HEALTH TIPS

AIDS

ACQUIRED IMMUNE DEFICIENCY SYNDROME

By: Ronaldo V. Mendoza, MD, MBA in Health

AIDS is one of the deadly diseases in human history. The World Health Organization (WHO) in 2011 has determined the global prevalence to 0.8% with most cases concentrated in Africa (one in 20 adults). Data from WHO showed that of the 95 million people from 119 countries tested in 2010, 34M people came out positive and are living with HIV/AIDS. About 69% of HIV positives came from the Sub Saharan African Region. There are 1.7M deaths worldwide.

More than 20 years ago (1982), doctors in the United States identified the first cases of AIDS in New York and San Francisco. Since then, more than 70 million people have been infected and 35 million have died. In the US alone, one person becomes infected every 9 minutes.

AIDS is caused by the human immunodeficiency virus (HIV). HIV destroys the CD4 helper lymphocyte, a type of defense cell in the body. These lymphocytes are part of the body's immune system, the defense system that fights infectious diseases. As HIV destroys these lymphocytes, a person with the virus begins to get serious infections — that is, they become immune deficient. Thus the name for this condition is acquired immunodeficiency syndrome (AIDS).

As the medical researchers learn more about how HIV works, they've been able to develop drugs, antiviral medications to inhibit it. These drugs have been successful in slowing the progress of the disease. People with the disease now live much longer. But there is still NO CURE for HIV and AIDS. People who have AIDS tend to keep getting sicker, especially if they are not taking antiviral medications properly. HIV is transmitted from an infected person to another person through blood, semen, vaginal fluids, and breast milk, unprotected oral, vaginal, or anal sexual intercourse, sharing needles, such as needles used to inject drugs (including needles used for injecting steroids and those used for tattooing). Because of blood testing, it's now extremely rare for someone in developed countries to get HIV through a blood transfusion.

People who have other sexually transmitted diseases such as syphilis, genital herpes, chlamydia, gonorrhea are at greater risk for getting HIV during sex with infected partners. A newborn baby can catch the virus from her HIV positive mother before birth, during the birthing process, or from breastfeeding.

Once a person's blood lacks the number of CD4 / helper T cells required to fight infections, or the person has signs of specific illnesses or diseases that occur in people with HIV infection, doctors make a diagnosis of AIDS. Severe symptoms of HIV infection and AIDS may not appear for 10 years. The amount of time it takes for symptoms of AIDS to appear varies from person to person.



Some people may feel and look healthy for years while they are infected with HIV. It is still possible to infect others with HIV, even if the person with the virus has absolutely no symptoms. You cannot tell simply by looking at someone whether he or she is infected.

continuation.....

MERS-CoV

By: Elmer Palomata, MD, RN, DPCOM - AVP for Underwriting and Customer Care



Instead, it advises travelers from or transiting in high-risk areas, particularly those who have been in close contact with somebody suspected to be infected with MERS CoV, to follow standard precautionary measures.

They should also practice self-quarantine if warranted, be aware of the symptoms, maintain proper hygiene and adopt other preventive measures.

These include:

1. Frequent proper hand washing with soap and water for 20 seconds. If soap and water are unavailable, use an alcohol-based sanitizer.
2. Cover your nose and mouth with tissue when sneezing and coughing because it is transmitted thru droplets; properly dispose tissues immediately.
3. The virus is also often spread when somebody touches something that is contaminated with germs and touches his eyes, nose or mouth. So avoid touching them especially with unwashed hands. Regularly clean frequently touched surfaces (door knobs, toys, handles), too.
4. It is contagious thru close contact. Avoid close interaction, such as kissing, sharing cups, or sharing eating utensils, with sick people.
5. It is aggravated if you are immunocompromised. Strengthen your immune system by sleeping 8 hours a day, hydrating well with at least 8 glasses of water a day (more if you are under the sun or depending on your health status or how active you are), and adopting healthy eating habits.

Experts are still struggling to understand MERS CoV, for which there is no known vaccine. There are no specific treatments recommended, but it is advised that people follow these tips to help prevent the illnesses.

The 24-hour assistance hotlines established by the Department Of Health for MERS CoV questions and concerns are: 711-1001; 711-1002; 0922-884-1564; 0920-949-8419; 0915-772-5621.



MOBILE WEBSITE

www.valucare.com.ph/mobile

Fastest way to connect with us!



WELCOME TO VALUCARE

Mr. Gregorio V. Magbalon
Accounting Department
Manager

"Greg", as he is fondly called by his friends, is a BS Business Administration Major in Accounting.

He earned his Master's in Business Administration at the Philippine Christian University.

His previous work experience was the Director for Admin Support Services at St. Dominic College of Asia in Bacoor Cavite. He has worked with several companies such as HMO, hospital and academic institutions holding management position in Finance and Accounting.

He was involved in strategic planning, financial analysis, bookkeeping, budgeting, policy development, project management, and financial reporting. More over, he also handled Fixed Asset Management which includes Inventory, Warehousing, Property Insurance, Real Property Taxes, and he has also handled the Management Information System (MIS) Department with his previous employer.

One of the most exciting facets of his career was the opportunity to work with many different subsidiaries, departmental clients on organizational effectiveness and government agencies as well as the private Insurance companies. These projects include meeting with senior administrators, and presenting recommendations and results to the affected units.

ValuCARE Account Manager - Guide

By: Jeffrey B. Copiaco — ICT -Department Manager



Simply go to the website of VCAM
www.valucare.com.ph/vcam

VCAM is designed for HR Department or Authorized Personnel of an account. Only one user per account is allowed by VCAM.

If you don't have a VCAM account, click the "Request for VCAM account" and Fill-out the "Request Form" then click Submit.

You will receive an email from VCAM informing you that you have emailed a request for VCAM account and the system will verify the account that you registered. Wait for 24-48 hours for the processing of your account.

Once the system verified your account, you will receive an email for your default password. If the account that you registered has a problem, VCAM will send you an email and will ask to register again or call ValuCARE customer care 7023310.

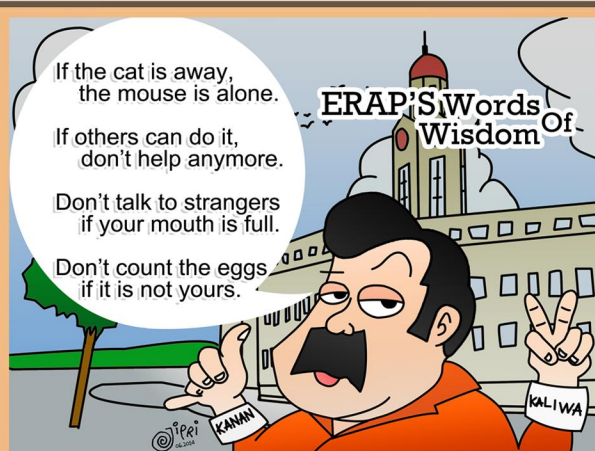
Once you have a VCAM password, type the Account Number and your password and Sign-in. You would see the welcome page of VCAM and the options (VIEW MEMBER/S, ADD NEW MEMBER/S, AMENDMENT, CANCEL MEMBER/S).

You may change password by clicking "Change Password" located at the lower left of the page. There are 2 ways to ADD or CANCEL Member/s, Individual or Group.

For Individual, simply fill-out the form per member and for group, download first the excel template then fill-out the excel template and upload it.

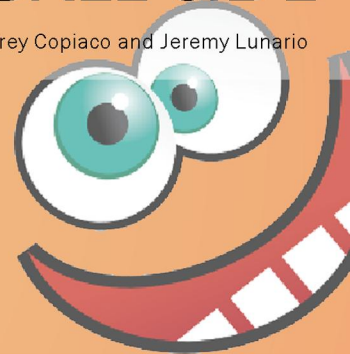
Please do not forget to LOGOUT.

DENTIST AND LOVER



TICKLE SIDE

By: Jeffrey Copiaco and Jeremy Lunario



BIRTHDAY CELEBRANTS WITH EVP / COO



APRIL



JANUARY



MAY



FEBRUARY



JUNE



MARCH

Value Care Health Systems Inc. Summer Outing 2014 was held last May 24, at Stilts Calatagan Beach Resort in Calatagan, Batangas.

The event was filled with team-building games and enjoyable recreational activities. The exquisite panoramic view of the venue gave such delight to all ValuCare employees and cannot help but to take lavish "Selfie" and Group photos. The event was an absolute breather and fun-filled interactive bonding to all ValuCare employees.

- By: Lorie V. Castillo—HCMA Manager



SUMMER OUTING 2014

STILTS CALATAGAN BATANGAS