

## How the New Health Care Plan Will Affect You

by Michael McBurnie  
CEO, MyTherapyCompany

I have been following the health care debate closely and recently took a close look at the pros and cons for our company. For anyone that has insurance through MyTherapyCompany there will only be a few changes, and they all appear very positive. Here are some of the items we see as being very beneficial to both us as a company and to our employees.

- Establishes a small business health care tax credit to help small businesses afford the cost of covering their workers
- Creates health insurance exchanges to increase bargaining power and reduce administrative costs
- Ends price discrimination against small businesses with sick workers
- Reduces premiums in the small group market
- Bans insurance companies from dropping people from coverage when they get sick – effective 6 months after enactment
- Increases the number of primary care practitioners
- Bans annual and lifetime caps on coverage
- Allows your children to be on your plan until age 26
- New therapists will not have to worry about pre-existing conditions for themselves or their families
- Some preventative measures not currently covered by insurance would be covered under the new law

Businesses that may be eligible for the tax credits will receive letters from the government in the coming weeks, another step in the administration’s efforts to tout the benefits of the health care overhaul.

The best part of the plan for MyTherapyCompany is that starting in 2014, companies with up to 100 employees will be able to buy insurance through new state-based purchasing pools, or exchanges, with the goal of giving small businesses the same kind of purchasing power as larger companies.

Twenty-two million self-employed Americans will also be able to purchase insurance through the exchanges. As we face increased premiums each year and struggle to keep paying for this without passing on the extra costs to therapists, this will be a welcome relief. I only wish it would start sooner as I know we will face continued increases in costs until that time.

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## 401(k) and Charitable Contributions for 2009

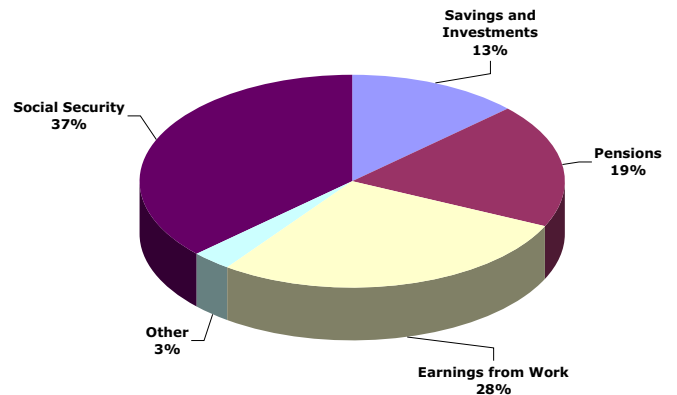
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For those of you in the 401(k) plan, if you have not looked at your statements recently, please do! Ten percent of the company’s profit was put into the plan this January for 2009. It is my intention to continue this policy from year to year. Please, if you have not already done so, consider enrolling in the plan. Most of your retirement income will come from you, not social security. Much of it may come from working after retirement!

The current average breakdown for sources of retirement income is follows:

- 37 % from Social Security
- 13 % from Saving and Investment
- 19 % from Pensions
- 28 % from Earning from Work
- 3 % other

Sources of Retirement Income



To give you an example of how this works, if starting at 21 you saved just \$30 a week for 14 years and then stopped saving, you would end up with \$287,267 at the age of 65 assuming a return of 7.2 percent. If you did not start till 35 and saved \$30 a week for 30 years, much longer than the 21 year old, you would end up having only \$152,769. The magic of compound interest at work!

Start as early as possible, but whenever you start, try to add something each month. We offer a choice of a traditional 401(k) which is taken out of your check pre-tax or a Roth 401(k) which is deducted after taxes. Your total limit for 2010 is \$16,500 or \$22,000 if you are 50 or older.

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**HEALTH CARE** *continued*

Overall, the 10-year, nearly \$1 trillion plan President Obama signed into law last week will extend coverage to 32 million people who are currently uninsured and will shape how almost every American receives and pays for medical treatment.

The law doesn't require businesses to offer insurance, but hits employers with 50 or more workers with an annual fee if the companies don't insure them since the government will end up subsidizing workers' coverage. Those fines have troubled critics of the overhaul who argue that the increased costs could bankrupt companies trying to recover from the recession.

From running a company that has always provided insurance, I don't share that belief. I only face possible relief from increasing health care costs with the new Federal Health Care Plan just signed into law.

## Watch Your Money Grow with MTC's Holiday/Vacation Club

Here is an easy way to save up for a dream vacation or the holiday shopping season.

MyTherapyCompany's Holiday/Vacation Club lets you set up an automatic payroll deduction each pay period to comfortably save all year long.

Here's how it works:

1. You may enroll at any time. You decide how much goes into your Holiday/Vacation Club each pay period.
2. Enrollment takes two weeks to process.
3. The Holiday/Vacation Club fiscal year runs November 1 through October 31. Deductions made through October 31 will be paid out during the second week in November.
4. You may stop Holiday/Vacation Club deductions anytime during the year, but funds already deposited will become available in November.
5. Your Holiday/Vacation Club enrollment automatically renews each fiscal year.
6. A check will be mailed to you the second week of November – in plenty of time to do your holiday shopping or plan an exciting vacation.

To sign up, request an information sheet and enrollment form from the Therapist Manager (payroll@mytherapycompany.com). For questions about the Holiday/Vacation Club, please call the Human Resources Director at 866-447-6916 x 707.



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[www.mytherapycompany.com](http://www.mytherapycompany.com)

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## ***DON'T FORGET!***

**You can make extra money with Referral Bonuses! \$3000 each referral!**

**CONTRIBUTIONS** *continued*

This past year MyTherapyCompany gave ten percent of the company's profits to charities and will continue to do so each year. Some of the groups we supported in 2009 include the following:

- Sierra Club
- Red Cross
- Doctors Without Borders
- The Panchamama Alliance
- Institute for Responsible Technology
- Stress Free Schools
- MA Center
- Food Democracy Now

We have selected a variety of organizations both national and international in scope. From better quality food in our schools, international assistance to Haiti and other countries, environmental organizations working to improve our air and water, to saving the rain forests by helping to empower indigenous cultures in the Amazon, and teaching at-risk kids better coping skills – we have supported causes and groups that better humanity.

If you have a suggestion for a non-profit or cause you would like us to consider, please email me at michael@mytherapycompany.com.

## Celebrating Our Therapists



**Birthday greetings to everyone who recently enjoyed their special day!**

**April**

Meghan O'Brien – April 17

**May**

Carolyn Folmar – May 5  
Carolee Connelly – May 11  
Elizabeth Tuminello – May 19  
Susan Morrison – May 24  
Ashlyn M. Major – May 26  
Celilia Padilla-Vohs – May 26

**June**

Krishna Mala Thotapalli – June 3  
Michele San Antonio – June 4  
Christina Wadsworth – June 17  
Angela Linville – June 23

**Happy Birthday everyone!**

