

TEXAS
ORGANIZATION
OF RURAL &
COMMUNITY
HOSPITALS

TORCH
MANAGEMENT
SERVICES, INC.

On Display:

LoneStart
Texas Mutual
Insurance Co.
Vyopta
GE Healthcare



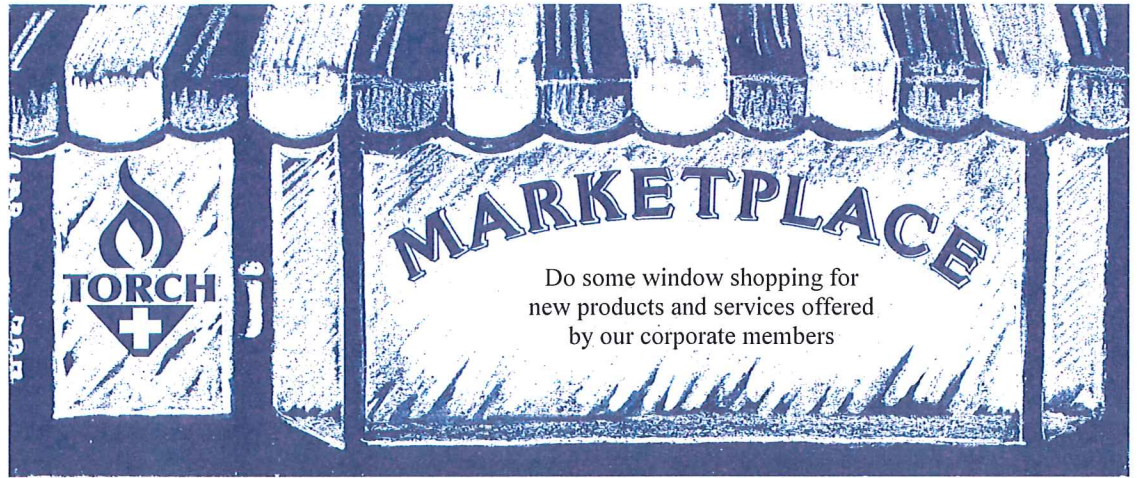
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1-800-32-TORCH.
www.torchnet.org
Email: torch@torchnet.org



LoneStart Aims to Spread Viral Wellness™

Through its Caring for the Caregivers and Team Esteem Challenge workplace wellness programs, LoneStart is spreading Viral Wellness™, and hopes you catch it. And, just what is Viral Wellness?



"We're proving that wellness, like some illness, is contagious—and our clients are spreading an epidemic of healthy choices," says Jay Seifert, LoneStart co-founder. "It takes time to build a culture of wellness within the workplace. It happens over time, employee by employee. That's what viral wellness is about. But, unless company leadership 'catches' it, really gets it, it will never be fully integrated into the organization's culture."

When top executives show they value wellness, and value their employees by offering a proven and proactive wellness program, the benefits are contagious, reflected in healthy employees and healthy profits, says Seifert.

Almost one-half of all Americans report having a chronic illness—and those illnesses account for 75 percent of our national spending on health care (Robert Wood Johnson Foundation). Furthermore,

almost 80 percent of all chronic disease is caused by three preventable health behaviors—physical inactivity, poor dietary practices and smoking. In fact, obesity is now more costly to U.S. companies than smoking or alcoholism.

Seifert points out that most of us want to be well, and "if we have a reasonable expectation of success, we will make positive changes in our daily choices." He adds that, "Once we prove to ourselves we can be successful, we become enthusiastic advocates for the strategy that helped us meet our goals." This is how Viral Wellness spreads, not only within the organization but to family, friends and into the community. And, as participating TORCH member hospitals have demonstrated, multiple important business benefits accrue when their employee wellness challenge creates the momentum for a proactive, open-ended community wellness initiative.

For further information regarding the LoneStart Wellness Team Esteem Employee Wellness Challenge and the discounted fees being offered to TORCH member hospitals and Corporate Members, please contact Jay Seifert at 512-894-3440 or go to Information@LoneStartNow.com.



texasmutual.com

For immediate release:
DATE, 2008

Contact: Terry Frakes
Senior Vice President, Public Affairs
(512) 224-3855

NEWS RELEASE: Date

Hospital Group Earns First Texas Mutual Dividend

AUSTIN— Texas Mutual Insurance Company announced a \$105,500 dividend to the Hospitals of Texas (HOTComp) workers' compensation purchasing group today. This marks the group's first dividend.

The group dividend was based largely on HOTComp's overall loss ratio. Many HOTComp members have also earned individual policyholder dividends based on their personal loss ratios.

HOTComp is open to qualifying Texas hospitals and their majority-owned subsidiary businesses. Any licensed Texas agent can submit clients for membership. In addition to potential dividends, HOTComp members get a premium discount and access to an industry-specific safety plan.

Texas Mutual underwrites HOTComp, and the HealthSure agency administers it. For more information about HOTComp, visit texasmutual.com.

Texas Mutual notes that past dividends are not a guarantee of future dividends, and the Texas Department of Insurance must approve all dividends.

About Texas Mutual Insurance Company

Austin-based Texas Mutual Insurance Company is the state's leading provider of workers' compensation insurance, with approximately 25 percent of the market. Since 1991, the company has provided a stable, competitively priced source of workers' comp insurance for all Texas employers. Preventing workplace accidents and minimizing their consequences is a major part of Texas Mutual's mission.

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Editors Note: For information on this worker's comp coverage, call Barry Couch, HealthSure, phone 254-773-9814



***VYOPTA ENHANCES COLLABORATION AT TORCH HOSPITALS WITH
REAL-TIME VIDEO COMMUNICATION
OVERVIEW***

Tasked with supporting health services to large areas in rural Texas communities, the following hospitals managed by Preferred Management found an answer to their challenges in a Vyopta-based visual communications solution.

- Collingsworth General Hospital
- Culberson Hospital
- Kimble Hospital
- Parmer County Community Hospital
- Preferred Management
- Sabine County Hospital
- Schleicher County Medical Center



THE CHALLENGE

These TORCH hospital members have limited technology, financial and human resources to serve their respective rural communities. This operational challenge is further complicated by continual increases in the costs to deliver and manage healthcare. As a result, hospitals need to leverage technology that enables them to do more with less.

SOLUTION

In 2008, Preferred Management invested in a Vyopta-based video communication solution to enable them to manage the hospitals more effectively and efficiently. This solution supports many types of meetings, from one-on-one communications to conferences with multiple parties in multiple locations. At the core of the solution, Vyopta uses TANDBERG technology for its reliability, flexibility and the quality of video communication.

BENEFITS

The implementation of real-time visual (video and PC content) communication at the hospitals reduces the need for healthcare service providers and administrators in these rural communities to travel, thus reducing both the costs and loss of time due to travel for these organizations. As a result, these hospitals are able to function more efficiently increasing their productivity and the quality of the healthcare provided to their communities.

CONTACT

Alfredo Ramirez
+1 512.891.4200

Vyopta Incorporated
aramirez@vyopta.com

ATTENTION: TORCH Corporate Members

An exclusive offer to reserve exhibit space in advance for the TORCH Annual Conference and Trade Show was recently mailed to all corporate members. To ensure your spot, fill out the space reservation form, attach your deposit check, and mail to TORCH, P.O. Box 14547, Austin, TX 78761. Faxes will not be accepted. Reservations must be postmarked by January 12, 2009.

RETURN RECEIPT REQUESTED

Texas Organization of Rural & Community Hospitals
PO Box 14547
Austin, TX 78761

WELCOME
TO THE



where we deliver a basketful of information on products and services provided by TORCH corporate members.



TORCH
Corporate
Members

demonstrate their support of rural healthcare by their participation in TORCH and we are pleased to have them as partners in our organization. The listing of Corporate Members is in your TORCH Directory and new members are highlighted in the Frontline Newsletter in order to provide the contact information you need to learn more about their products and services.

GE Healthcare's Commitment to Helping Community Hospitals in Texas

GE Healthcare, one of TORCH's newest Corporate Members, recently **hosted two educational events** for TORCH-member hospitals in Lubbock and Tyler. The seminars were designed to help educate hospitals about the value of **MR imaging**. Executives learned how other hospitals who either offered a mobile **MR service** or did not offer **MR** at all made the successful transition to providing **MR** to their community.

Are you curious how other hospitals built the business case to add **MR imaging services**?

Do you wonder how investing in imaging technology can help your patients close to home?

If so, go to **GE Healthcare's** new website designed just for community hospitals. You might find some case studies about hospitals with clinical, economic or operational challenges just like yours and see how they overcame them through imaging technology. It's a great educational & informational resource. Take a look!

www.gehealthcare.com/communityhospitals

For more information about **MR Imaging services** available through **GE Healthcare**, contact **Brendan Gee** at 262-951-9076 or Brendan.Gee@ge.com.

TORCH: "Big Enough to Help . . . Small Enough to Care"