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FEBRUARY BIRTHDAYS

Christy A.	2/1
Tia G.	2/3
Theresa M.	2/3
Andrew M.	2/5
Aaron H.	2/6
Kimberly H.	2/6
Theda H.	2/6
Melany D.	2/7
Janet G.	2/9
Brittany W.	2/10
Celestial W.	2/10
Mona B.	2/10
Arnetta E.	2/11
Howard C.	2/12
Carolyn D.	2/13
Marcy W.	2/15
Shaniqua A.	2/21
Amia V.	2/21
Brad G.	2/21
Katie C.	2/22
Donna T.	2/22
Sandra W.	2/23
Ashley S.	2/24
Mary T.	2/25
Kara L.	2/26
Danielle W.	2/27
Brittany C.	2/27
Marlene S.	2/27

FEBRUARY ANNIVERSARIES

Toni G.	6 years
Latasha J.	3 years
Melissa W.	3 years
Jackie B.	2 years
Marlene S.	2 years
Jessica G.	2 years
Nicole C.	1 year

Happy Birthday and Anniversary!!!



Your position is our mission. **February 2019 Newsletter**

February is... **AMERICAN HEART MONTH**



Heart disease is the leading cause of death for both American men and women. We want it to inspire you to examine one of the most pressing health concerns in the United States and to make positive changes to your lifestyle. February also celebrates Valentine's Day, which is all about affairs of the heart, so it's definitely a good match.

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't Smoke
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose
- Eat for Heart Health! Start by feeding your body regularly by eating 3 meals or 5-6 mini meals each day. Eat more fruits, vegetables, whole grains, lean protein, healthy fats, beans, legumes, seeds and nuts

Risk factors for heart disease are:

- Smoking
- High blood pressure
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of coronary heart disease
- Age (for women, 55 and older)

HELLO
my name is

Opportunity



Registered Nurses: Travel & Local Contracts; All Settings! Earn \$34 - \$46 per hour or \$1400 - \$2100 weekly!! We offer travel contracts nationwide!

Medical Assistants: \$14-\$19 p/hr!!!

LPN's: Set schedule and FULL TIME HOURS!!!

RN Specialties: ER, OR, ICU, HV1, LTAC, L&D, Stepdown, Med/Surg/Tele in a hospital setting.

RN Case Managers: Needed for hospitals and community based insurance company, these are long term contracts with INCREASED PAY RATES!!

HOW TO RETRIEVE YOUR W2!

W2's will be accessible through ADP only. If you haven't signed up with ADP yet, please reach out to us and we can walk you through the sign up process! You can also stop by the office and use one of our computers!

To print your W2, go to Myself at the top of the page, Click Pay, and then Annual Statements. You will see W2 followed by the year.

Did you know we offer a
REFERRAL BONUS?!

Refer our next new employee and you will receive \$200!!!

Go to the Employee Portal on our website and fill out the referral form. Turn the form in to your recruiter and once they've worked 200 hours you will receive a check from us!! 😊

Visit the Employee Portal if...

You need more time slips.
You need to view your paycheck stubs.
You need your W2 – through ADP.
You need to keep up your credentials.

Go to our website at www.altostaffing.com and click on the Employee Portal. Then type in the password. If you forgot the password, call or text us!