

MEDS INSIGHTS

VOLUME 09

— September 2026 HIGHLIGHTS • Inspiring Progress Every Month



Dear Meds Nexus Family

Success means more when it is shared. Achievements mean more when they are celebrated together.

This September, as we celebrate the achievements and contributions of our people, we are reminded that every success has the power to create a greater impact.

Recognition is not simply about acknowledging what has already been accomplished. It is about inspiring what comes next. When we celebrate a colleague's success, we encourage others to believe in their own potential, support their teams, and strive to bring their best to everything they do.

From Management

MONTHLY QUOTATION

“The culture of an organization is the behavior of its people.”

Sam Palmisano

MEDS NEXUS AT A GLANCE

01 September Goals in Motion

02 Player of the Month

03 Star Performer

04 Team of the Month

05 Photo of the Month

06 Best Attendance

07 Rising Star

08 Work Anniversaries

09 Workplace Wellness Corner

10 The Eco Perspective

11 Birthday Celebrations

12 HR & Workplace Update

13 HRMS Update

SEPTEMBER GOALS IN MOTION

- **OPERATIONS:**

MAKE EVERY PROCESS COUNT

Keep productivity high, protect quality, and look for smarter ways to make everyday operations more efficient.

- **HR & FRONT DESK:**

KEEP PEOPLE & PROCESSES MOVING

Stay focused on recruitment, onboarding, payroll, employee support, and the coordination that keeps the workplace running smoothly..

- **ACCOUNTS:**

MAKE EVERY NUMBER COUNT

Maintain accuracy, compliance, timely reporting, and responsible resource management to support sustainable growth.

- **IT SUPPORT:**

KEEP EVERY TEAM CONNECTED

Deliver timely technical support, manage system and workstation needs efficiently, and help teams stay productive without unnecessary disruption.

SEPTEMBER MINDSET

**WORK SMARTER. STAY ACCOUNTABLE. KEEP IMPROVING. MOVE FORWARD.
WHAT ARE YOUR GOALS? WE'LL HELP YOU ACHIEVE THEM.**



Player of the Month

Mr. Israr Ishaq

(Team Lead, CRM & PHD)

Leading with purpose, delivering with impact

This month, we proudly recognize **Israr Ishaq** as our **Player of the Month** for his exceptional leadership, consistent performance, and commitment to driving his team forward. His ability to take ownership, tackle challenges, and keep the team focused on results reflects the qualities of a true standout performer.

His dedication and leadership continue to make a meaningful difference, setting a strong example for those around him.

Congratulations

Star Performer

Mr. Malik Sulyman Ahmad

Assistant Team Lead (VOB) & Authorizations

This month, we're happy to recognize Malik Sulyman Ahmad Khan as our Star Performer of the Month. Anyone who has worked with Malik knows how seriously he takes his work and how willing he is to step in whenever the team needs him. He's someone people can count on, whether it's handling a challenge, helping a teammate, or simply making sure things keep moving.

As an Assistant Team Lead in VOB & Authorizations, Malik brings a strong sense of responsibility to his role, but what really stands out is the way he supports the people around him. His consistency, helpful nature, and commitment to doing his best have not gone unnoticed.

Keep shining. Keep inspiring. Keep achieving! ✨





Team of the Month VOB Team - Led by Umair Raza

Great teams don't just work together. They move forward together.

This month, the VOB Team stood out through their collaboration, dedication, resilience, and commitment to delivering results.

Team Members:

Umair Raza Kashif Aziz Seemab Manzoor Samra Khanum Aqsa Shahzadi Nabeel Asif
M. Saghir M. Asad Khan Minhaj Saleem Aitsham Ul Haq Adeel Hassan Wajahat Ullah
S. Ajaib Hussain Ayyan Sajid Sulyman Ahmed

Congratulations to our VOB Team for earning the Team of the Month recognition!

Can you Guess? The Desk

CAN YOU RECOGNIZE WHOSE
DESK THIS IS?

THINK YOU KNOW YOUR TEAMMATES?

Take a closer look and put your detective skills to the test!

GUESS THE RIGHT PERSON AND
WIN A SPECIAL PRIZE FROM HR.





Best Attendance

Honoring Punctuality (Aug 2026)

We sincerely appreciate the employees who have demonstrated exceptional punctuality and consistency.

Mr. Shuja Ahmed	Mr. Nouman Ijaz	Ms. Sehrish Bibi	Mr. M. Shahzaib
Ms. Aiman Imtiaz	Ms. Maham Yousaf	Mr. M. Rahim	Ms. Kanwal Ijaz
Ms. Maquddas	Ms. Seemab Manzoor	Mr. Saddam Mughal	Ms. Mahnoor Aslam
Mr. Ashir Fareed	Mr. Adeel Hassan	Mr. Bilal Khan	Mr. Zakir Mushtaq
Mr. Mukhtar Ahmed	Mr. Mussadiq Farooq	Mr. Ahmed Akbar	Ms. Monica Sikander
Mr. M. Ansar	Mr. Humair Hameed	Mr. Shafiq Ahmed	Ms. Javeria Shahid
Ms. Humaira Muneer	Ms. Aqsa Shahzadi	Mr. Israr Ishaq	Ms. Habiba Imtiaz
Mr. M. Aaqib Akram	Mr. Taimoor Bilal	Mr. Hamza Imtiaz	Mr. Irfan Khizar
Mr. Nabeel Asif	Ms. Areej Ihsan	Ms. Qudsia Shabbir	Ms. Syeda Fizza Kazmi
Ms. Aeman Abeer	Ms. Eisha Zulfiqar	Mr. M. Israr	Ms. Nazia Zahoor
Mr. Mesum Hussain	Mr. Umair Raza	Mr. Usman Ahmed	Mr. M. Shahzaib Arif
Mr. M. Bilal	Mr. M. Tayyab Idrees	Mr. Sajid Bashir	Mr. Syed Zeeshan Ali
Mr. M. Ahmer	Mr. Youhana Elyas	Mr. Usama Ali	Mr. Ahmad Sharif
Mr. M. Azfar Khan	Mr. Tayyab Ullah	Ms. Asima Iftikhar	Mr. Tajamal Latif
Mr. M. Saad	Mr. M. Haris Khan	Mr. M. Huzaifa	Mr. Rohail Khalid
Mr. Wajahat Ullah	Mr. Hammad Mubarik	Mr. Iraj Tanveer	Mr. M. Talha Alam
Mr. M. Ihtesham	Mr. Amir Afridi	Mr. M. Osama Khan	Ms. Farheen Gul

Rising Stars

We proudly recognize our Rising Stars who have successfully completed their probation period.

This milestone reflects your commitment, adaptability, and willingness to grow within the organization. You have demonstrated potential and professionalism that adds value to our teams.

We look forward to your continued growth, stronger contributions, and long-term success within Meds Nexus.

 Mr. Umair Raza Manager Operation	 Mr. Hassan Ayub Assistant Team Lead PHD	 Ms. Areej Ihsan Medical Coder Intern
 Ms. Areeba Khalid Senior PHD Specialist	 Ms. Rameesha Credentialing Associate	 Ms. Javeria Khanwaiz RCM Intern
 Mr. M. Saghir Sr. VOB Specialist	 Mr. Mesum Hussain Sr. AR Specialist	 Mr. Aitsham Ul Haq VOB Associate
 Ms. Bisma Hanif Assistant Team Lead PHD	 Mr. Muddasir Munir Auditor Intern	 Mr. Sultan Mehmood Credentialing Intern
 Ms. Nazia Zahoor Auditor Intern	 Mr. M. Asad Khan RCM Intern	 Mr. Ayyan Sajid VOB Intern
 Mr. M. Zaigham RCM Intern	 Mr. Minhaj Saleem VOB Intern	 Ms. Qudsia Shabbir RCM Intern
 Mr. Zohaib Ul Hassan RCM Intern	 Ms. Eisha Zulfiqar Credentialing Intern	 Ms. Iswa Arshad RCM Intern
 Ms. Aeman Abeer RCM Intern	 Ms. Syed Fizza RCM Intern	



Celebrating a Milestone!

Work Anniversaries

Growing together is more than a milestone. It's a part of our journey.

This month, we're celebrating those whose time, dedication, and contributions have been part of the **MedsNexus** story.



Kashif Aziz

Team Lead (VOB) &
Authorizations



M. Osama

Recruitment Lead

Thank you for your dedication, hard work, and the contributions you continue to make.

"Kashmir: A Heritage We Share"

Ms. Sehrish Bibi

(Assistant Team Lead, Operations)

At Meds Nexus, our strength comes from the people behind the work and the diverse backgrounds, experiences, and perspectives they bring

This Month, We're Exploring A Little Piece Of Kashmiri Heritage That Is Part Of Sehrish's Story.

FUN FACT:

Kashmir Has A Rich History And Cultural Heritage Spanning Thousands Of Years.

And there's much more to Kashmir than its breathtaking mountains. Its rich agricultural traditions have helped shape a culture deeply rooted in community, sharing, and one of its most celebrated qualities: **hospitality**.

But Kashmiri influence doesn't stop at home. Kashmiris have built lives and careers worldwide, contributing to communities and workplaces in countless fields and countries. From business and technology to healthcare, education, and beyond, their stories are part of a much bigger global journey.

DID YOU KNOW?

A Little Over Half Of Our Meds Nexus Family Has Roots In Kashmir

So, talk to your desk mate.

You might discover a story, tradition, or connection you never knew existed.



WORKPLACE WELLNESS CORNER

WORK WELL. LIVE WELL.

A healthy workplace starts with habits that support focus, respect, balance, and sustainable performance.

- **PROTECT YOUR FOCUS**

Prioritize key tasks and reduce distractions.

- **RESPECT THE WORKDAY**

Take appropriate breaks and maintain a sustainable workload.

- **SHOW RESPECT**

Communicate professionally, lead with empathy, and support collaboration.

- **SPEAK UP**

Raise workplace or safety concerns through the right channels, early.

- **KEEP BALANCE**

Set healthy boundaries between work and personal time. Rest matters.

- **DIGITAL WELLBEING**

Manage notifications, organize communication, and take screen breaks.

- **WELLBEING IS A TEAM EFFORT**

Support colleagues, appreciate their efforts, and help build a positive workplace.

SEPTEMBER WELLNESS NOTE

“A strong workplace doesn’t just drive performance. It helps people thrive.”

THE ECO PERSPECTIVE

SMALL CHOICES. BIGGER IMPACT.

Sustainability starts with the everyday choices we make at work.

- **SWITCH IT OFF**

Turn off lights, screens, and equipment when not in use.

- **THINK BEFORE YOU PRINT**

Go digital whenever possible and reduce paper waste.

- **REUSE MORE**

Choose reusable bottles and cups over single-use items.

- **KEEP IT CLEAN**

Keep shared spaces tidy and dispose of waste responsibly.

- **ADD A LITTLE GREEN**

Bring nature indoors with a plant and create a more welcoming workspace.

- **SEPTEMBER ECO THOUGHT**

“Sustainability starts with the choices we make every day.”

USE LESS. REUSE MORE. LEAVE A LIGHTER FOOTPRINT.

Happy Birthday

September 2026 Birthday Stars at Meds Nexus

This Month's Zodiac Signs

Virgo



Celebrating another year of life, memories, and all the moments that make each year special.

Ms. Seemab Rafique

A/R Specialist

01 Sep



Mr. Faisal Shahzad

CRM Specialist

03 Sep



Ms. Asma Ikram

Medical Biller Intern

10 Sep



Ms. Seemab Manzoor

VOB Specialist

12 Sep



Mr. M. Haris Khan

Credentialing Specialist

12 Sep



Mr. Rohail Khalid

Medical Biller Intern

12 Sep



Ms. Maham Yousaf

A/R Specialist

15 Sep



Ms. Aqsa Shahzadi

VOB Associate

20 Sep



Mr. M. Saad Khan

PHD Specialist

22 Sep



We hope you all have a wonderful birthday filled with happiness, good moments, and plenty of reasons to smile.

Wishing you all a very Happy Birthday!

HR & Workplace Updates

TOGETHER WE GROW. TOGETHER WE SUCCEED.

A professional workplace is built on respect, accountability, and consideration for others. Let's continue maintaining the standards that help Meds Nexus remain a positive and productive place to work.

- **PROFESSIONAL PRESENCE**

Wear your Employee ID Card, follow the dress code, and maintain appropriate personal hygiene.

- **RESPECT & COURTESY**

Treat every colleague with professionalism and respect, regardless of position or role.

- **WORKPLACE DISCIPLINE**

Be punctual, take responsibility for your commitments, and follow the appropriate reporting hierarchy.

- **PROFESSIONAL COMMUNICATION**

Keep workplace conversations, calls, emails, and messages clear, respectful, and work-focused.

- **SHARED RESPONSIBILITY**

Keep your workspace and common areas clean and contribute to a comfortable environment for everyone.

HRMS UPDATE | SMARTER PROCESSES

Key HR services, including meal planning, salary advances, appraisals, and more, are being integrated into HRMS to simplify and make them more accessible.

[Stay informed through HR announcements and share your feedback to help us improve.](#)

- **NEED HR SUPPORT?**

For HR-related questions, concerns, or suggestions, please reach out to the HR Department.

- **SEPTEMBER REMINDER**

Professionalism in how we work. Respect in how we interact. Accountability in what we deliver.

— HR Department | Meds Nexus

Thank You