



# Understanding Your Benefits & Managing Your Costs

July 2006

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 Water (Material Serv.) 2900 Municipal St. 8:30AM – 9:30AM	11 Street Services 2710 Municipal St. Break Room 2PM – 3PM	12 Water (Distribution) 4120 Scottsdale 8AM – 9AM	13 Water (WWC) 8239 Hoyle Ave. 12PM – 1PM	14 Street Services 2505 Valleria Break Room 2PM – 3PM
17 Water Dept 2121 Main St Suite 400 8:30AM – 9:30AM	18 *Dallas Fire-Rescue 1901 Irving Blvd. (Station #1) 9AM – 10AM  6600 Trammel Drive (Station #55) 1PM - 2PM	19 *Dallas Fire-Rescue 1901 Irving Blvd. (Station #1) 9AM – 10AM  6600 Trammel Drive (Station #55) 1PM - 2PM	20 Dallas Fire-Rescue 1901 Irving Blvd. (Station #1) 9AM – 10AM  6600 Trammel Drive (Station #55) 1PM - 2PM	21 Street Services 2502 Shorecrest Break Room 2PM – 3PM
24	25 Street Services 8955 Adlora Break Room 2PM – 3PM	26 Street Services 25645A Irving Blvd Break Room 2PM – 3PM  2255 Irving Blvd Break Room 3:30PM – 4:30PM	27 Water (Distribution) 4120 Scottsdale 4PM - 5PM	28
31	*Seminar will be held in Deputy Chief's office			

## *Seminar Expectations*

- Better Manage Your Healthcare Costs
- Strategic approach when visiting physicians & hospitals
- Benefits for using the myuhc.com website
- Learn how to make better Health Care decisions for you and your family
- Access Wellness Programs & Services

For more details, contact:  
Dwayne Clarke at (214-670-5945)  
Tina Adams at (214-670-3556)

Dwayne Clarke, the City of Dallas On-Site Wellness Coordinator for United HealthCare, along with Tina Adams, UnitedHealthcare Onsite Benefits Specialist, will be speaking on these subjects and answering any wellness related questions.

Maintaining the Body is to Empower the Mind, to Improve Wellness, Safety, and Good Health

Note: All dates and times are subject to change

