



# Understanding Your Health Care Benefits

June 2006

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Water Dept. (City Hall Location) 1500 Marilla St  L1FN Aud. @ 9 AM- 10AM	7 Central WWTP 1020 Sargent Road Auditorium @ 1PM - 2PM	8 Water Dept. (City Hall Loc.) 1500 Marilla St L1FN Aud. @ 9AM -10AM  Dallas Zoo 650 South R.L. Thornton Fwy Auditorium @ 2:30PM – 3:30PM	9
12	13 Wasterwater Collections 8915 Adlora Conference Room @ 7:30AM -8:30AM	14 Police Headquarters 1400 S. Lamar St. Media Conf. Room @ 11AM – 12AM	15 OCMC 320 East Jefferson Blvd Conf. Room LL06 @ 12PM – 1PM	16
19	20 Aviation 1625 Regal Row Multipurpose Conf. Room. @ 7:30AM-8:30 AM & 2PM-3PM	21 Dallas Public Library 1515 Young St. Auditorium @ 1PM	22 City Hall 1500 Marilla St. L1FN Aud. @ 12PM – 1PM	23 City Hall 1500 Marilla St. L1FN Aud. @ 12PM – 1PM
26	27 Dallas Public Library 1515 Young St. Auditorium @ 10AM – 11AM	28 Southside WWTP 405 Long Creek Rd., Sunnyvale, TX Training Room @ 7:30AM – 8:30AM  10011 Log Cabin Road Lunch Room @ 10AM – 11AM	29	30

### 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