



TEXAS HEALTH CARE NEWSLETTER

*Texas Health Care was founded to allow doctors to be doctors.
Our priority is simple: provide quality care to our patients.*

January 08, 2016
(Volume XIII, Edition 01)

Reminder: Please take the time to review your address as important tax documents will be available the end of this month. You can review your address by logging into your payroll check online at <https://www.my-estub.com>. If your address is not current, please let us know in order to request a Change Form. The form should be processed by 01/12/2016.

Medical/RX Plan: Employees enrolled in the United Healthcare medical/RX (prescription) plans this year will receive new identification cards. Make sure that you destroy the old card as the copay level has changed. Also, don't forget that you can obtain the "**Health4Me**" phone application for immediate access to your electronic identification card. You can also request duplicate cards from your personal web portal at: www.myuhc.com



Dental Plan: There are no identification cards for the dental plans. You can view your individual coverage information and print a paper card at: www.aetna.com



Vision Plan: There are no identification cards for the vision plan. You can view your individual coverage information and print a paper card at: www.myuhcvision.com



THE HEALTHY CHOICE	TEXAS HEALTH CARE WELLNESS PROGRAM for THC Employees	
--------------------------	--	--

DO YOU SEE IN 3D?

(United HealthCare Vision)

It is becoming more common for entertainment to use 3D technology. There are more 3D viewing options on television, computers, movies, cell phones and video games than ever before. Your eyes are required to process images in new ways. 3D technology is starting to be used in many schools. This is creating new visual demands in the classroom. These changes lead to a [new definition of "3D"](#).

Discomfort eye strain created when the eyes have trouble working together as a team over long periods of time

Dizziness similar to feeling car sick, caused by poor eye alignment

Depth "disability" the inability to see 3D

Problems seeing 3D can be caused by eye conditions. The problem could be an out-of-date glasses prescription, lazy eye, focusing problems, or even a past head injury or concussion. Your eye doctor can determine the cause of the problem with a comprehensive eye exam. Your eye doctor can then work with you on a treatment plan.

Here are some questions to ask: Do you get headaches or eye strain? Do you feel nauseous or dizzy? Do your eyes have trouble adjusting afterwards? Is your experience less vivid than what other people seem to have?

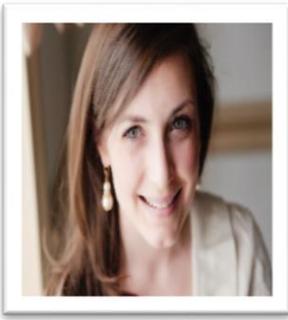
3D is becoming more popular. Talk to your eye doctor today to make sure you are getting the most out of the 3D experience.



January 1, 2016 welcomes new physicians to Texas Health Care

WELCOME

Jennifer McLeland, MD (courtesy- Lesia Hernandez)



Jennifer McLeland, M.D. specializes in the field of Obstetrics & Gynecology.

Dr. McLeland attended Marshall University in Huntington, West Virginia, where she received a Bachelor of Science in Biology. She went on to earn her medical degree from the Joan C. Edwards School of Medicine at Marshall. Dr. McLeland completed her residency in Obstetrics and Gynecology at the Baylor College of Medicine in Houston.

Dr. McLeland is a member of the American Medical Association, the American Medical Women's Association and the American College of Obstetricians and Gynecologists.

WELCOME

Mallikarjuna R. Mukka, MD (courtesy- Judy Holder)

Mallikarjuna R. Mukka, M.D. specializes in Internal Medicine and is a Hospitalist.

A native of India, Dr. Mukka attended medical school at Gandhi Medical College in Hyderabad, India. He later completed a residency program in Internal Medicine at Saint Barnabas Hospital, Bronx, New York.

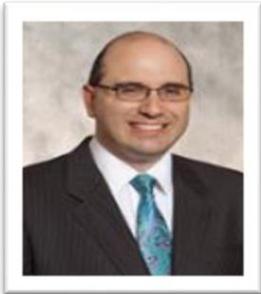
Dr. Mukka moved to Fort Worth in 2004 after completing his residency program.

He has extensive experience as a Hospitalist and Primary Care physician working at several hospitals in the Fort Worth area.



WELCOME

Sam J. Nassar, D.O. (courtesy- www.txhealthcare.com)



Sam J. Nassar, D.O. is a board certified Cardiologist with a practice in Fort Worth that is actively accepting patients. Dr. Nassar earned a Bachelor of Science in Cellular and Molecular Biology from the University of Michigan and his Doctor of Osteopathic Medicine Degree from Michigan State University (MSU) College of Osteopathic Medicine. He completed a residency in Internal Medicine at MSU's Botsford Campus and a Cardiology Fellowship at the MSU Mount Clemens Campus.

Dr. Nassar was a practicing Cardiologist in Michigan for several years before moving to Texas in 2012, where he has worked in San Marcos and the Fort Worth area. "I enjoy interacting with and helping people," Dr. Nassar says. "I enjoy treating and explaining complex medical problems in an empathic and readily-understood manner."

WELCOME

Mohanakrishnan Sathyamoorthy, M.D., F.A.C.C. (courtesy- www.txhealthcare.com)

"Dr. Mo" – is a board certified Cardiologist practicing in Fort Worth. He currently serves as the Vice Chief of the Medical Staff and Chief of the Cardiovascular Division at Baylor All Saints Medical Center, and also serves as the Medical Director of Cardiology at Baylor Heart and Vascular Hospital Fort Worth. Dr. Mo is Adjunct Faculty at Vanderbilt University.

Dr. Mo completed his clinical training, including an internship, residency, and fellowship as a Harrison Society Scholar and ABIM physician-scientist trainee at Vanderbilt University. He then went on to serve as Chief Fellow in Cardiovascular Medicine, during which time he completed his post-doctoral research training in prominent thrombosis laboratory, directed by the Chief of Cardiovascular Medicine at Vanderbilt. He was then appointed to the Faculty as a physician-scientist, and successfully earned a NIH Ruth L. Kirschstein Individual National Research Service Award to support his research. Dr. Mo taught thrombosis coursework in the School of Medicine, and served on the clinical service at Vanderbilt University Hospital and the VA Medical Center. He and his family moved to Texas in 2009.

Dr. Mo practices all aspects of general and invasive cardiology, and is nationally recognized in the fields of cardiovascular thrombosis and echocardiography. He has published numerous manuscripts and abstracts and is frequently invited to lecture on cardiology-related topics both here in the United States, and overseas at international meetings.

