



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.

August 05 2016

(Volume XIII, Edition 16)



August is National Immunization Awareness Month

(courtesy: Department State Health Services)

Back-to-School Information

Below are some links to informational resources to answer some of the most common requests for parents, students and immunization records – courtesy of the Texas Minimum State Vaccine Requirements for students from the Department State Health Services.

- [School Immunization Requirements, K-12 \(Public and Private\)](#)
- [Child-Care Facility Immunization Requirements](#)
- [College and University Immunization Requirements](#)

Requesting Immunization Records

If your child is enrolled in ImmTrac, the Texas Immunization Registry, you may request official records of immunizations.

To obtain more information about **ImmTrac**, please contact the DSHS Immunization Branch’s public information program at (800) 252-9152. You may also contact them by e-mail at ImmTrac@dshs.state.tx.us or visit the Immunization Branch website at www.ImmunizeTexas.com and select the “ImmTrac Texas Immunization Registry”.



Did you attend one of our Know Your Numbers Screening Events for Employees?
If so, it’s Time to Rally Your Numbers!

myClaims Manager
Manage your claims and pay your providers online.

Learn More

MAKE ONLINE PAYMENTS

1 2 3 4 5 6

What would you like to do today?

- Manage My Claims
- Look up My Benefits
- Find a Doctor
- Manage My Prescriptions
- View Online Statement
- View Account Balances
- Mental Health & Substance Use
- Virtual Visits
- View ID Card
- Rally Health Survey
- Estimate Health Care Costs
- Extra Programs & Discounts
- Information Center

Time to Rally your Numbers and get ready for your Reward! Now that you’ve attended one of the Know Your Numbers events, you should wait about 4 weeks to claim your gift card. The first step – log on to **myuhc.com**

Go to myuhc.com. If you are already registered, log in with your username and password and proceed to the "Health & Wellness" tab which is the farthest right tab at

Dashboard Missions Challenges Communities Rewards

Rewards Program

Program Preview

+ \$100.00

9:30 My Dollars \$200.00

Fitness Reimbursement Goal for July \$20 Gift Card Credit

Complete a Biometric Screening \$75 Gift Card Credit

View Full Program

Today's Activities

- Download the Rally App
- Be grateful each day
- Laugh Every Day

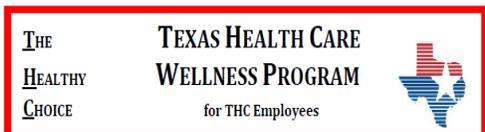
Related Websites

- uhclatino
- Ask a Nurse

the top of the page. (If you have never registered on myuhc.com, click “Register Now” and follow the prompts), then proceed to the Health & Wellness tab to access your “Rally Health Survey”.

Click on your Rally “Dashboard” to view your missions and view your Rewards.

Employee Paychecks and Newsletters are available at <https://www.my-estub.com>
Note that you can also access employee “Newsletters” as well as link to “Employee Resources” on the Texas Health Care Company website at www.txhealthcare.com “For Staff”



Healthy Recipe for a Healthy Life

BAKED APPLE DELIGHT

Ingredients

- 4 medium baking apples
- 1/4 tsp. cinnamon
- 8 tsp. dried cranberries or raisins
- 8 tsp. crushed walnuts
- 4 tsp. frozen apple juice concentrate
- 1/8 tsp. nutmeg

Preparation

1. Preheat oven to 350 degrees F. Core apples from stem side, almost to the bottom. Mix apple juice concentrate with cinnamon and nutmeg.
2. Fill each apple with one teaspoon apple juice/spice mixture, two teaspoons of dried fruit and two teaspoons of walnuts.
3. Pour 1/2 inch of water around apples. Bake for 20 minutes or until apples are soft, but still holding their shape. Serve warm or cold.
4. Splurge with a tablespoon of fat-free whipped topping only adds a few extra calories.



Did you know that you can compare treatment options through United Healthcare 's online estimator and the Health 4 Me Smart Phone Application?



Compare estimated costs and quality ratings before a procedure with **myHealthcare Cost Estimator**

As you know, **costs can vary widely** based on the provider, facility and treatment you choose. If you are a United Healthcare member, you can learn more about medical procedures and compare treatment options, estimated costs and quality ratings **before** receiving treatment by using the new award winning application “Health4Me” through United Healthcare available on your mobile device.

Know the 4Ps with myHealthcare Cost Estimator – Procedure, Provider, Price and Place that will empower you to make more informed health care decisions.

Procedure – Learn more about your procedure and compare treatment options.

Provider – Find a provider rated on national industry quality standards.

Price – Easily estimate out-of-pocket costs.

Place – Find a provider by geographic search and get directions.



Health4Me

Then click on the **Estimate Health Care Costs** button.

 Estimate Health Care Costs

Log into myuhc.com and get started today.

Login to myuhc.com

You can also earn rewards by comparing procedures with your RALLY Membership.