



The Quarterly Reporter

First Edition, Spring 2018

For Retired Employees of the City of Arlington

Welcome City of Arlington Retirees!

Welcome! We hope that your year is starting off fantastic! Now that winter is almost over and we've moved our clocks an hour ahead, you can focus on your plans for the rest of the year. This newsletter has been created to provide valuable information and to foster a connection between the City of Arlington and the City Of Arlington retiree community.

In this newsletter, you will find information related to programs (old and new) available to City of Arlington retirees, opportunities for volunteering and engaging within the City as well as information relating to Health and Wellness.

Keep in mind, on the City Website, under Departments, Human Resources, you will find information related to retiree programs. All of the 2018 Benefit information is located under "City Benefits". This includes the Retiree Benefit guides, rates, vendor information, etc.

This newsletter and future editions will also be posted [here](#) quarterly.

Now Open! Health and Wellness Clinic!

The Employee Health & Wellness Clinic will provide medical services and serve as a hub of health promotion to employees, **pre-65 retirees**, eligible spouses and enrolled dependents covered under the City's medical plan to include, but not be limited to, primary care, preventive screenings, personal health assessments (PHA), acute and urgent care, immunizations, injections, disease management, lifestyle education, coaching, and primary care case management. Additionally, the Clinic will ensure that our employees, enrolled dependents and retirees have continued access to high-quality primary care services.

CareATC is working with the City to provide low or no-cost, high-quality medical care for you and your family. The Health & Wellness Clinic isn't just for unexpected illness or minor injuries. You can use CareATC to help you make positive lifestyle changes or simply maintain good health with wellness tools to keep your health moving in the right direction.

Schedule your appointment today by logging into the patient portal at careatc.com, calling the Patient Access Center at 800-993-8244 or download the CareATC app to your iPhone or Android phone. (to obtain log in information for the app or online access, call the Patient Access Center first) Save even more time and fill out your patient paperwork online before your first appointment!

City of Arlington Contact Information:

Human Resources Department
PO Box 90231, MS 63-0790
Arlington, TX 76004-3231
817.575.8991

[Website](#)

**City of Arlington
Finance Department**
PO Box 90231, MS 63-0800
Arlington, TX 76004-3231
817.459.6300

[Website](#)

**City of Arlington
[Website](#)**

DFW Clinic Locations

Arlington Central Park

3050 S Center St, Ste 130, Arlington, TX

Mon / Wed / Fri	7am - 11am & 12pm - 4pm
Tue/Thur	8am - 12pm & 1pm - 5pm
Sat	9am - 1pm

Fort Worth Clinic

6618 Fossil Bluff Drive Suite 132, Fort Worth, TX

Mon - Fri	8am - 12pm & 1pm - 5pm
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Richardson Clinic

1060 W. Campbell Road, Suite 300, Richardson, TX

Mon & Fri	8am - 12pm & 1pm - 5pm
Tue - Thur	7am - 5pm

Mansfield Clinic

1770 E. Broad St. Suite 102, Mansfield, TX 76063

Opening May 2018!

Experience Kindness in Our Dream City

Did you know that the City of Arlington has launched a kindness campaign in hopes to spread awareness of the importance of kindness in the community? The City of Arlington is encouraging residents and visitors to report random acts of kindness through the City's free mobile app, **Ask Arlington**.

The app allows users to document acts of kindness. Acts of kindness are expressions or actions given from one to another that stretch beyond, but may also include common courtesies.



When you see an act of kindness, document it one of the following ways:

- ⇒ Use the [Ask Arlington App](#)
- ⇒ Use the [Ask Arlington web page](#)
- ⇒ Tweet or post using #ArlingtonKindness and @cityofarlington

You can learn more about the Kindness Campaign [here](#).

Important Contact Information:

Retirement Plans:

TMRS: City #00052 - 1-800-924-8677

ICMA-RC: 401(k) and 457 plans

Mike Mendenhall - MMendenhall@icmarc.org 1-800-290-7160

Nicholl Aldridge - NAldridge@icmarc.org 1-866-886-8023

United Healthcare – Under Age 65

High Deductible Health Plan (HDHP) 1-866-314-0335

Exclusive Provider Organization (EPO) 1-866-633-2446

Navitus Health Solutions - Pharmacy - Under Age 65

Customer Care - 1-866-333-2757

Specialty Rx - Lumicera - 1-855-847-3553

Mail Order - Novixus - 1-888-240-2211

United Healthcare Medicare Solutions - Age 65+

1-877-791-9964

Delta Dental

DHMO (TX15B) 1-800-422-4234

PPO High & Low (TX16442) 1-800-521-2651

Superior Vision - 1-800-507-3800

Reminders:

Keep your personal information current and send Human Resources any changes of address, phone number or email. We must have current contact information for you to receive important information regarding your benefits.

You may mail changes to:

Human Resources Department
PO Box 90231, MS 63-0790
Arlington, TX 76004-3231

or email changes to:

COARetirees@outlook.com

Remember to contact Human Resources 2 months prior to your 65th birthday if you have not received a Medicare benefit packet from UHC. Medicare becomes your primary insurance once you turn age 65.

Recipe of the Quarter:

Herbed Veggie Skillet

2tsp canola or corn oil
8oz zucchini (sliced)
1/4c sliced onion
1/3c diced tomato
1/4c diced green bell pepper
3/4c frozen whole kernel corn
2tbsp water (more if needed)
1/8tsp dried basil
1/8 tsp dried marjoram
1/8tsp dried oregano



In a large nonstick skillet, heat oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently. Stir in the remaining ingredients. Cook, covered, for 5 minutes, or until the zucchini is tender.