

From: **Ellen Bakulina** <epb037@gmail.com>
Date: Thu, Apr 27, 2017 at 9:00 PM
Subject: Re: health care
To: Timothy Jackson <shermanzelechin@gmail.com>

Dear Tim,

Sorry I never replied to this. Thank you very much for the website and your recommendations! I'm looking into this issue now.

Best,
-Ellen

From: **Timothy Jackson** <shermanzelechin@gmail.com>
Date: Sat, Apr 15, 2017 at 6:00 AM
Subject: health care
To: Ellen Bakulina <epb037@gmail.com>

Dear Ellen,

Unfortunately, my primary care physician is located in one of the main hospital centers in Dallas, and since you do not drive, he would not be a practical choice for you.

But, since you must have United Health Care as your insurance through UNT as your employer, you need to look on their website for a primary care physician or PCP located nearby in Denton.

<https://www.uhc.com/find-a-physician>

They will have a list of PCPs who are "in network" in Denton, and you should be able to find an appropriate doctor. Your PCP will then refer you to the appropriate specialists for your back and regular checkups.

If you have trouble, Human Resources at UNT should be able to help you.

When I strained my back some years ago, my PCP provided effective treatment, and also arranged for excellent physical therapy, all of which was covered.

It is most important that you look after your health and have regular check-ups, etc.

With best wishes, and concern,

Tim