



# HOW TO ENROLL IN WILD ON WALKING

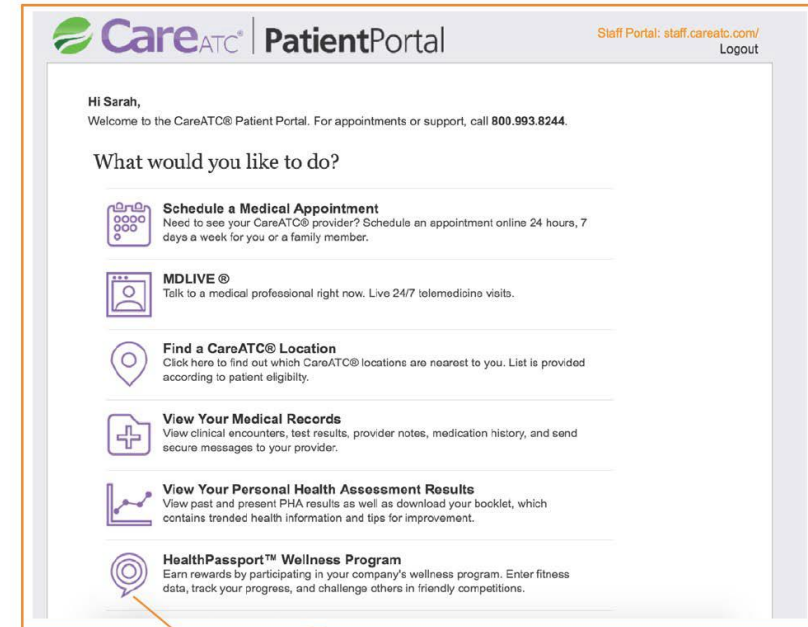
# Login to CareATC.com

- ✓ Visit - <https://www.careatc.com>
- ✓ Login with your CareATC Username and Password \*
- ✓ Click on the **HealthPassport Icon**

\* If you do not remember your user name and password, please contact the CareATC Patient Access Center to obtain a temporary user name and password.

\* Patient Access Center: **(800) 993-8244**

\* Once in, please go to your personal profile to update your password

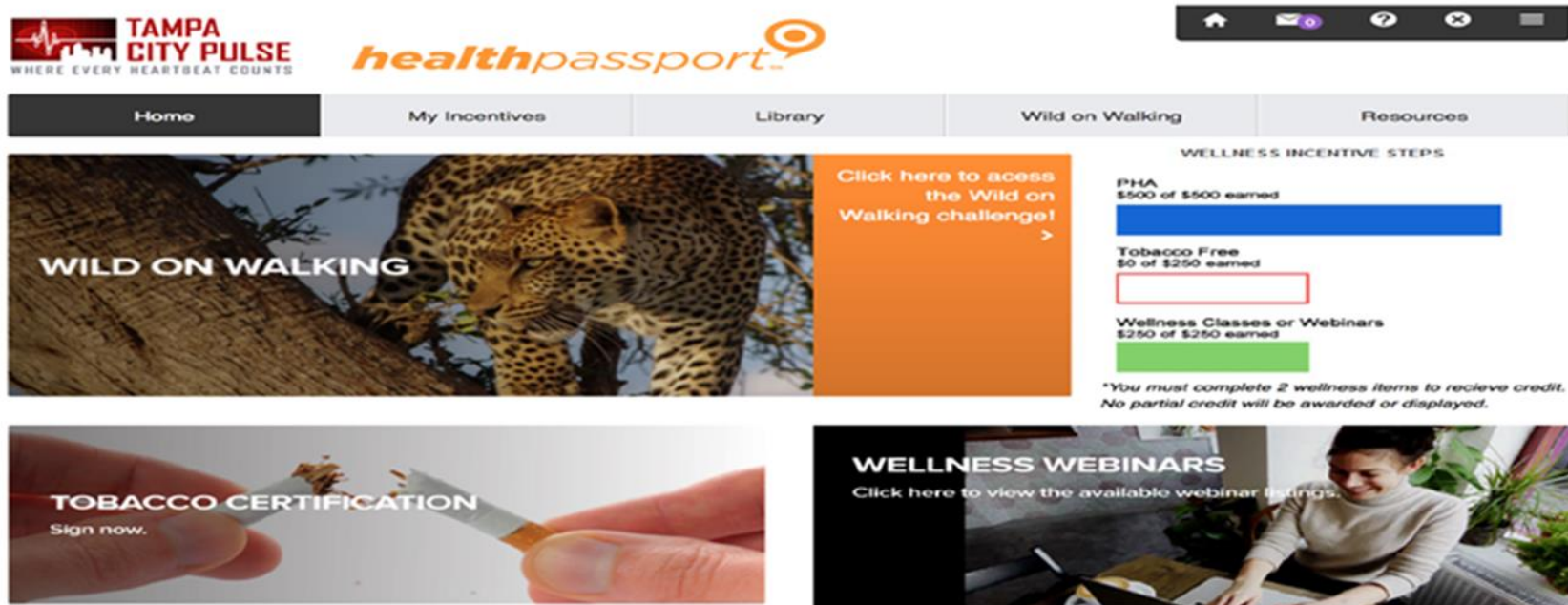


The screenshot shows the CareATC Patient Portal interface. At the top, there is a header with the CareATC logo, the text "PatientPortal", and a "Staff Portal: staff.careatc.com/ Logout" link. Below the header, a greeting says "Hi Sarah, Welcome to the CareATC® Patient Portal. For appointments or support, call 800.993.8244." A section titled "What would you like to do?" lists several options with icons and brief descriptions:

- Schedule a Medical Appointment**: Need to see your CareATC® provider? Schedule an appointment online 24 hours, 7 days a week for you or a family member.
- MDLIVE @**: Talk to a medical professional right now. Live 24/7 telemedicine visits.
- Find a CareATC® Location**: Click here to find out which CareATC® locations are nearest to you. List is provided according to patient eligibility.
- View Your Medical Records**: View clinical encounters, test results, provider notes, medication history, and send secure messages to your provider.
- View Your Personal Health Assessment Results**: View past and present PHA results as well as download your booklet, which contains trended health information and tips for improvement.
- HealthPassport™ Wellness Program**: Earn rewards by participating in your company's wellness program. Enter fitness data, track your progress, and challenge others in friendly competitions.



# Click Join the Wild on Walking Challenge



**TAMPA CITY PULSE**  
WHERE EVERY HEARTBEAT COUNTS

**healthpassport**

Home | My Incentives | Library | **Wild on Walking** | Resources

**WILD ON WALKING**

Click here to access the Wild on Walking challenge! >

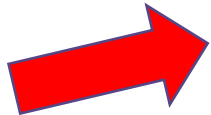
**WELLNESS INCENTIVE STEPS**

- PHA  
\$500 of \$500 earned
- Tobacco Free  
\$0 of \$250 earned
- Wellness Classes or Webinars  
\$250 of \$250 earned

*\*You must complete 2 wellness items to receive credit. No partial credit will be awarded or displayed.*

**TOBACCO CERTIFICATION**  
Sign now.

**WELLNESS WEBINARS**  
Click here to view the available webinar listings.



# Register for an Informative Wild on Walking Meeting



Employees are encouraged to register for one of the Wild on Walking meetings that will be scheduled at various City locations. HealthPassport Trainers will be available to assist employees in registering for the Wild on Walking Challenge.

To Enroll in the Wild on Walking Informational Meetings, Log into Oracle and click on the “CTPA – Employee Self Service” in the Main Menu. Open the “EDP Learner Self Service” folder by hitting the “+” to find the “EDP Learner Home.” Clicking the home link will take you to the main page to use all the EDP functions. You can then click on “3-Wellness” to the right of the page and then click on “Wellness General” to view all available Tobacco Cessation classes.

## Participation Guidelines

- ✓ **Eligibility:** Open to **City of Tampa employees on the City's medical plan.**
- ✓ Participants can enter the walking challenge as an individual or as a team. Click **Here** to join.
- ✓ **Average steps required:**
  - ✓ minimum 2000 steps a day – per week
  - ✓ Total Steps: 14,000 per week (4 weeks total: 56,000 steps).
  - ✓ Participants are encouraged to set an average goal of 5000 steps a day as a personal health reward.
- ✓ **Participation**
  - ✓ **Minimum 4 weeks (accumulative)**
  - ✓ **Must not interfere with the work schedule**

# Participation Guidelines



- ✓ Utilize the Tracker Dashboard to view steps, set-up individual challenges, and set-up & track personal goals. Click **Here** to view Tracker Dashboard.

## Start Walking

- ✓ **Deadline to complete Wild on Walking HRA Incentive Activity:**

**November 13, 2018**

**Last date to enroll** in the walking initiative to complete challenge by the deadline:

**October 16, 2018**


# Wild on Walking ~ Informational Meeting Schedule



To view a complete schedule, Please visit the Tampa City Pulse page and click on the Wild on Walking Banner.

Please Visit: [www.Tampagov.net/TampaCityPulse](http://www.Tampagov.net/TampaCityPulse)

**CITY OF TAMPA**  
**HEALTH AND WELLNESS**



**TAMPA CITY PULSE**  
WHERE EVERY HEARTBEAT COUNTS

**WILD ON WALKING ~ REGISTRATION MEETINGS**  
 July 30<sup>th</sup> – August 10<sup>th</sup>, 2018

DATE	TIME(S)	LOCATION	DEPARTMENT TARGETED
7/30	8:00 a.m. - 10:00 a.m.	TPD Downtown Headquarters 6th Floor Break Room 411 N. Franklin St.	All
	11:00 a.m. - 1:00 p.m.		
	2:00 p.m. - 4:00 p.m.		
	7:00 a.m. - 9:00 a.m.		
7/31	10:00 a.m. - 12:00 p.m.	Water Distribution - 3901 E. 26th Ave.	Water/All
		Contract Administration Bldg. - 3808 E. 26th Ave.	Contract Admin./All
8/1	7:00 a.m. - 9:00 a.m.	Wastewater Collections - 2515 Guy N. Vargier Blvd.	Wastewater Port Pass Required
	10:30 a.m. - 12:30 p.m.	Wastewater Maintenance/Operations - 2700 Maritime Blvd.	
8/2	6:00 a.m. - 8:00 a.m.	Solid Waste - Building IV Training Room - 4010 W. Spruce St.	LAMD ~ Solid Waste/All
	9:30 a.m. - 11:30 a.m.	Facilities Building - 1550 North Grady Ave.	LAMD ~ Facilities/All
	1:00 p.m. - 3:00 p.m.	Fleet Maintenance Building - 1508 North Clark Ave.	LAMD ~ Fleet Maintenance/All
8/6	7:00 a.m. - 9:00 a.m.	Lowry Sub-Station - 7525 N. Blvd.	Neighborhood Enhancement/ Parks & Recreation/All
8/7	8:00 a.m. - 10:00 a.m.	Ragan Community Center - 1200 E. Lake Ave.	Parks & Recreation/All
	11:00 a.m. - 1:00 p.m.		
	2:00 p.m. - 4:00 p.m.		
8/8	7:00 a.m. - 9:00 a.m.	Transportation & Stormwater - 3804 E. 26th Ave.	Transportation/Stormwater/All
	10:30 a.m. - 12:30 p.m.	David L. Tippin Water Treatment Facility - 7125 N. 30th Ave.	Water/Facility Pass Required
	2:00 p.m. - 4:00 p.m.	LMOB ~ Lemon Municipal Office Bldg. - 4900 W. Lemon St.	Neighborhood Empowerment/All
	8:00 a.m. - 10:00 a.m.	TPD Downtown Headquarters 6th Floor Break Room 411 N. Franklin St.	All
11:00 a.m. - 1:00 p.m.			
2:00 p.m. - 4:00 p.m.			

**Register for a Scheduled Meeting**  
 Log into Oracle EDP - click CTPA Employee Self Service on Main Menu. Open EDP Learner Self Service and click "+" and then click EDP Learner Home. This will take you to the "Learner Home" tab. On the right side of the page, under "Browse Catalog" click on 3-Health & Wellness. Select "Wellness General" to view all available scheduled meetings.

**THE END**



Thank you  
for viewing.