



The Healthy Heartbeat of Tampa



February 2023

February: Heart Disease Awareness Month

Let's Talk About Caring for Your Heart:

Caring for your heart can be a big step forward for your health. Getting a better understanding of heart disease can help.

Heart Disease, also called Cardiovascular Disease, can be very serious. The simplest way to say it is that heart disease prevents the heart from pumping blood the way it should. That means blood may have trouble getting to your heart, lungs and other organs. There are different types of heart disease. Here are some examples:

Name	Description
Coronary Artery Disease (CAD)	Plaque (cholesterol) builds up in the arteries, making them hard and narrow, reduces blood flow, heart muscle may not get the blood or oxygen it needs, can lead to heart attack or stroke.
Heart Failure (HF)	Heart becomes progressively unable to pump/circulate blood with enough force to meet your body's needs. Heart failure can happen over many years.
Arrhythmia	An arrhythmia is when your heartbeat becomes irregular. This can hurt your lungs, brain and other organs. An irregular heartbeat is treatable. Correcting an arrhythmia is important to help protect your organs from possible damage.
Peripheral Artery Disease (PAD)	This kind of heart disease happens most commonly in the legs. It may be caused by build-up of plaque inside the artery, which blocks the blood flow and makes it harder for blood and oxygen to get to your muscles and other tissues.

The good news is, many types of heart disease may be preventable. And if you're already dealing with heart disease, there are a lot of good treatment options available, including developing and maintaining healthy lifestyle habits. To learn more about what you can do to reduce your risks associated with heart disease, [read the full article here.](#)



Worksite Wellness Site

- **Health Coach Videos**
- **Monthly Wellness Newsletters**
- **UHC Webinars**

Wellness Incentive Activities

- **Rally Incentive Program Information**

Safety Information About Multivitamins and Supplements

Multivitamins, vitamin D, and fish oil are among the many dietary supplements lining store shelves or available online. These supplements can often be beneficial to your health, but they can also involve health risks. How can you know what's safe?

You may be surprised to learn that **dietary supplements are NOT approved by the Food & Drug Administration (FDA)**. Dietary supplements are regulated by the FDA as food, not as drugs.¹ In 1994 the Dietary Supplement Health and Education Act (DSHEA) set out the FDA's authority regarding these products. Under existing law, the FDA does NOT have the authority to approve dietary supplements for safety and effectiveness, or to approve their labeling, before the supplements are sold to the public.² Companies often introduce supplements into the marketplace without notifying the FDA. The FDA DOES periodically inspect manufacturing facilities and inspect labeling information, and they do monitor adverse event reports. However, **the FDA's role in regulating supplements primarily begins after the product has already entered the marketplace.**²

How can we know what supplements are safe? One good way is to look for the "USP" (U.S. Pharmacopeia) seal on the label. USP is an independent, scientific nonprofit organization focused on building trust in the supply of safe, quality medicines.³

(Continued at top right)



Supplements Article, continued from lower left...

The **USP Dietary Supplement Verification Program** is a voluntary program open to manufacturers of dietary supplement products around the world. Through a rigorous testing and auditing process, USP evaluates voluntarily submitted products against science-based standards of quality, purity, potency, performance, and consistency. USP is an independent, scientific nonprofit organization focused on building trust in the supply of safe, quality medicines.⁴

The USP Verified Mark on the label indicated that the product:

- Truly contains the ingredients listed on the label, in the declared potency and amount
- Does not contain harmful levels of specified contaminants
- Will break down and release into the body within specified amount of time
- Has been made using safe, sanitary and well-controlled manufacturing practices according to FDA and USP guidelines

Many dietary supplements contain ingredients that may conflict with a medicine you are taking or impact a medical condition you may have.¹ Talk to your doctor or pharmacist about which supplements are safe for you, and to learn more about the USP.



- 1 [Dietary Supplements | FDA](#)
- 2 [FDA 101: Dietary Supplements | FDA](#)
- 3 [About U.S. Pharmacopeia \(usp.org\)](#)
- 4 [Dietary Supplements Verification Program | USP](#)

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The Healthy Heartbeat of Tampa

Healthy dental habits

Tips for forming healthier dental habits to maintain your overall health

DID YOU KNOW... Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime! However, poor oral hygiene poses a risk of dental complications to all generations.

- Poor oral hygiene is correlated with diseases including heart disease, diabetes, and rheumatoid arthritis.
- Risk factors for oral cancer are tobacco use, alcohol use, poor oral hygiene and human papilloma virus (HPV).
- Gum disease develops when plaque is allowed to build up along and under the gum line. Warning signs include bad breath, tender, bleeding gums, loose teeth, receding gums and pain.

Here are a few habits that may help your oral health:

- Regular dentist visits
- Brush twice a day for at least 2 minutes and floss once a day
- DO NOT use tobacco products
- Limit sugary and alcoholic beverages

Click here to view a [Healthier Dental Habits flier](#)

For information on your City of Tampa Humana Dental benefits (group #773466), call (800) 979-4760, or go to www.humanadental.com



Here are some great City of Tampa resources you may not have known about:

- Updated email address for **Benefits Q&A:** Benefits@tampagov.net
- Remember the **Benefits Calendar?** You can find eligible Wellness Classes here that count towards your incentives [Benefits Calendar | City of Tampa](#)
- Looking for a **fitness center or gym membership?** Check out this link: [Recreation Centers | City of Tampa](#)

February 2023 UHC Webinars:

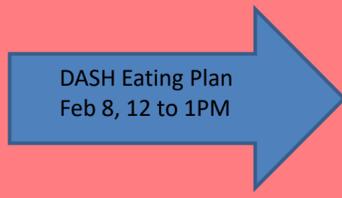
**UHC NURSE WEBINARS:
EARN \$100 INCENTIVE EACH QUARTER!**

DASH Eating Plan
Wed Feb 8, 2023 – 12 to 1PM



- Understand the benefits of DASH
- Discover small changes that reap big health benefits
- Identify simple steps to getting started
- Find resources to help you learn more and stick to it!

To register [click this link](#) or scan the QR code below.



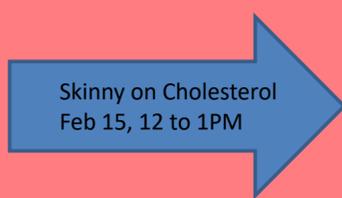
What's the Skinny on Cholesterol?

Wed Feb 15, 2023 – 12 to 1PM



- Define cholesterol and what it's for.
- Learn about the different cholesterol tests and what the "numbers" mean.
- What puts you at risk for high cholesterol?
- How is high cholesterol bad for you?
- Identify ways to keep your cholesterol in good control.

To register [click this link](#) or scan the QR code below.



Protect your money with an opportunity for growth

Principal protection

- Principal investment protection from market declines can help provide confidence through unstable market conditions

Growth potential

- Any gains are locked in and become part of the principal at the end of the one-year index term¹

Flexibility of choice

- Two flexible options: Update your investment mix to allow for payroll deductions or invest a lump-sum dollar amount exchanged from another investment option in the plan (no minimum required)
- Money can be exchanged out of this investment option at any time (restrictions may apply)

Balanced approach

- NW-IIP is a group fixed indexed annuity, so as part of a wide range of investment options, it may offer a balance between protection and growth



Next steps

- Learn more by joining us at an upcoming workshop with your local Retirement Specialist and by watching this video at

We will be hosting **webinars** and in-person **seminars** on the following dates:

- February 28, 2023
- March 1, 2023
- March 2, 2023

Details on times, locations and directions on how to sign up, will be coming soon in an email.

¹Growth opportunity is subject to a cap rate. The index term is a one-year period during which the index performance is determined, and the cap rate is applicable. Fees associated with recordkeeping may still apply and in some instances, result in a reduction of principal; please see your Quarterly Report for more details.

This material is not a recommendation to buy or sell a financial product or to adopt an investment strategy. Investors should discuss their specific situation with their financial professional.

Group fixed indexed annuities are not stock market investments and do not directly participate in any stock or equity investments. The index does not include dividends paid on the underlying stocks, and therefore does not reflect the total return of the underlying stocks; neither a market index nor any fixed indexed annuity is comparable to a direct investment in the equity markets. When you purchase Nationwide Indexed Principal Protection™, you are not directly investing in a market index. The actual return of the index account will be based on the performance of the underlying index. It is important to understand that actual returns may be less than the return of the index due to the index cap. Past index performance is not a guarantee of future performance.

Group fixed indexed annuities are contracts purchased from a life insurance company. They are designed for long-term retirement goals. Withdrawals are subject to income tax, and withdrawals before age 59½ may be subject to a 10% early withdrawal federal tax penalty. Nationwide Indexed Principal Protection™ is a group fixed indexed annuity issued by Nationwide Life Insurance Company and held in the general account.

Guarantees are backed by the claims-paying ability of the issuing insurance company. Transfers out of this contract to other funding providers are subject to certain restrictions.

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“Sorry, there’s no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story.” – Morgan Spurlock