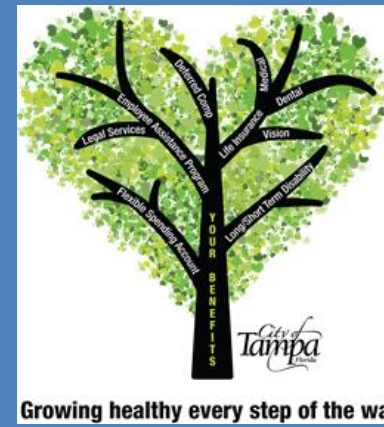
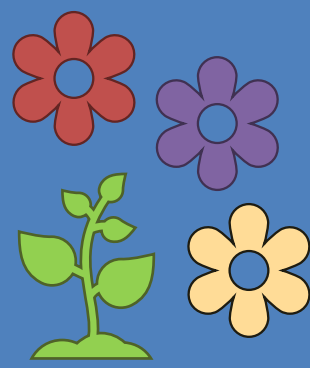


City of Tampa Healthy Heartbeat



April: Substance Abuse Awareness

Did you know: 21 million Americans struggle with a substance use disorder in some capacity. A substance is anything that has mood and mind-altering effects; things like, alcohol, pain medications, illegal drugs, and tobacco. A substance use disorder is a medical condition that may affect the brain and body. Someone with a substance use disorder must meet certain criteria in order to get a formal diagnosis. Some of those criteria may include the regular use of substances even though they might negatively impact that person's quality of life (like failure to meet major responsibilities or poor health). Substance abuse is a serious health risk and may be a reason to warrant getting help.

The good news: Substance abuse disorders may be treatable. In fact, many people can recover if they seek the proper counseling right away. Call the 24-hour Substance Use Helpline at **1-855-780-5955** / TTY 711 to speak with a licensed clinician.

Click the link below to read the whole article:
[Substance use disorder \(drug abuse\) | UnitedHealthcare \(uhc.com\)](#)



When should I call the Substance Use Helpline?

Concerned about yourself or a loved one?
 Substance use resources are available to help you get the support you need.
 Call the **24-hour Substance Use Helpline at 1-855-780-5955 / TTY 711** to talk to a specialized substance use recovery advocate.

What is an Employee Assistance Program (EAP)?

An **employee assistance program (EAP)** is an intervention program designed to assist employees in resolving personal problems. EAPs traditionally have assisted with issues like alcohol or substance misuse; however, most now cover a broad range of issues such as child or elder care, relationship challenges, financial or legal problems, and wellness matters.

The City of Tampa offers two EAP programs to its employees. One of your EAP programs is **Wood & Associates**. For more information, call: 800-343-4670 or visit www.woodsassociates.net

[Worksite Wellness](#)
Tampa.gov

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”
 - Edward Stanley

[Low-Carb Recipes](#)
allrecipes.com

Your Dedicated United Healthcare Team



Onsite Representative

Savio Crasto

Email: cotonsiterep@uhc.com

Phone: 813-274-8279



Nurse Liaison

Debbie Johns, RN

Email: cotnurse@uhc.com

Phone: 813-482-4856



Health Coach

Stephanie Olstad, BSW

Email: cotcoach@uhc.com

Phone: 813-535-0482

April 2023



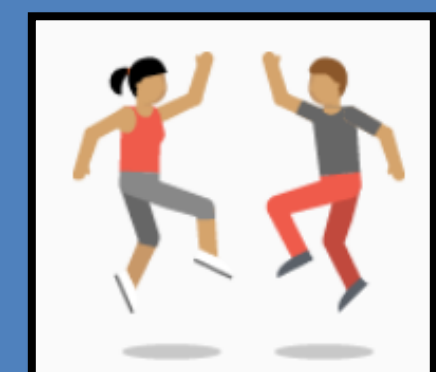
Are You “WILD ON WALKING”?

COT Folks recently completed their first **Rally Wild On Walking (WOW)** challenge! The challenge ran from Feb 1 – Feb 28 with **194 people** signed up to participate – including **20 spouses!**

The next **WOW Challenge** starts **May 1st!** You can earn \$100 towards your Wellness Incentives each time you complete the challenge!

Registration for the May WOW is scheduled to begin 4/17/23. Sign into Rally and go to Activities > Challenges.

For more information on WOW and other City of Tampa Rally Incentive Activities, please check here: [Wellness Incentive Activities | City of Tampa](#) (Tampa.gov > Worksite Wellness > Wellness Incentive Activities)



Have You Signed Up Yet?

Sign up for **RALLY** to earn your Wellness Incentives! To sign up for the **FIRST TIME**:

1. Go to www.myuhc.com and sign in/create your UHC account.
2. From the myuhc.com Home Page, click on “Health & Wellness” → Then click on the link to sign up for **RALLY**
3. **After you sign up** on Rally, you can access Rally more easily by going to the **RALLY** Website: www.werally.com, or downloading the Rally app on your phone

Earn your Wellness Incentives! Track your progress! For questions: Benefits@tampagov.net or (813) 274-5757



Coach's Corner: UHC Onsite Health Coach, Stef Olstad, BSW



Tamp It Out Tampa

When I was a tobacco cessation coach, occasionally, an ex-smoker would say “it was easy to quit smoking.” I had a hard time believing that because it was so hard for me to quit smoking. Through my own tobacco cessation experience and through supporting others quit, I learned that everyone’s quit is different and that there are powerful tools we can use to prepare for a successful quit.

Understanding WHY you want to quit is a helpful tool. When we understand our motivation, it can help us when we feel weak. For me, I had just become pregnant. Knowing that I was responsible for another life & that smoking would affect my child was a no-brainer. My motivation was to be healthy myself, and to have a healthy family. If you are thinking about quitting, take a little time to figure out why it is important for you to quit; what is your WHY?

Another important key for quitting is identifying your social support. Who is going to encourage you? Who is going to help you when you are feeling weak? When I was quitting tobacco, I was working in a restaurant and going to college simultaneously. Many of my friends and coworkers smoked. Fortunately, my boyfriend(husband-to-be) was a non-smoker. When I relapsed(after my son was born), he encouraged me to get back on track with my quit. If you are thinking about quitting, take time to figure out WHO your support network is. Maybe your support comes from a family member, your higher power, or a friend. It can even be your favorite fur baby.

New studies show that smoker’s relapse around 30 times before they quit for good. The trick is to fail forward! Don’t give up. Learn from the experience and move on. If you go to the bar and end up smoking, you might learn that you need to stay away from the bar or certain people until you are stronger. Relapse is inevitable; don’t beat yourself up.

To begin your quit, you might incorporate these helpful tools; 1) understand your WHY, 2) identify your WHO, and 3) when you do relapse, fail forward. Don’t give up!

Stef Olstad; Health Coach for City of Tampa, is certified through the University of Massachusetts Medical School for tobacco cessation. She has over 10 years of experience. Are you ready? Call me at 813-535-0482 or email COTCoach@UHC.com.

Alcohol use disorder

People may drink alcohol for all sorts of reasons — celebrating a special event, unwinding after a long day, socializing with friends, bonding over the hobby of home-brewed beers. In moderation, it might be a normal part of life. But sometimes alcohol use can become too frequent and may cause serious problems. The definition of alcoholism is the inability to stop or control alcohol use, even if it has negative social, professional or health consequences.¹ Knowing how to identify symptoms and find treatment resources at any stage can help you or a loved one struggling with alcohol use disorder.

How much alcohol is too much?

It can be hard to know how much alcohol is considered problematic. Generally, one drink a day for women and 2 drinks a day for men is considered moderate. For example, a 12-ounce beer or 5-ounce glass of wine with dinner may not be a red flag. When those drinks turn in to 4 or more in one day, or more than 14 drinks in a single week, it may raise concern. That’s considered heavy or high-risk drinking.

For more information: [Alcohol use disorder | UnitedHealthcare \(uhc.com\)](#) or call the 24-hour Substance Use Helpline at 1-855-780-5955 / TTY 711 to talk to a specialized substance use recovery advocate.

April 2023 UHC Webinars

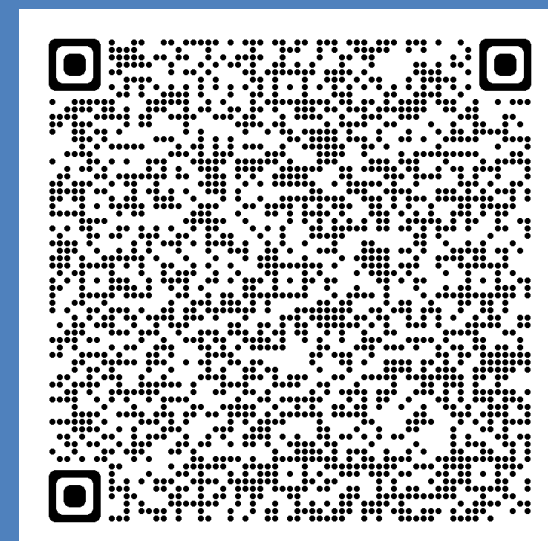
Earn \$100 wellness incentives per quarter!

Back to Basics Wed April 12, 2023/ 12 – 1PM



- Understand the anatomy of your back and spine
- Identify common causes of back pain
- Learn strategies for maintaining back health

To register: [Back to Basics registration](#) or scan the QR code below



Shop Smarter! Wed April 19, 2023/ 12 – 1PM



- “Healthy” vs. “Expensive”
- Help with meal planning
- Navigating the supermarket aisles

To register: [Shop Smarter Registration](#) or scan the QR code below

