

# City of Tampa Healthy Heartbeat



January 2024

## Understanding Preventive Care

It's a **new year** and time for some **new resolutions!** Start out by focusing on ways to take care of you! That includes getting in your **preventive care provider visits and health screenings.**

**Preventive care is routine health care that is meant to help you stay healthy.** When you schedule regular appointments and screenings, it may help you manage and maintain your health.

**Preventive care is generally focused on the following:**

- ✓ Evaluating your health when you are symptom-free
- ✓ Receiving checkups and screenings
- ✓ Decreasing the risk of developing health issues even if you are in the best shape of your life

**Understand the difference between preventive care and diagnostic care:**

- ✓ Preventive care is designed to help you stay healthy, and may be covered by most health plans with \$0 out-of-pocket when you see an in-network provider.
- ✓ Costs may be incurred for diagnostic care based on plan coverage. Call your onsite UHC rep (Savio Crasto) or check your plan documents for additional details.

Besides annual wellness exams, preventive care also includes screenings and immunizations. It's **different than diagnostic care**, which focuses on treating symptoms and risk factors. Routine preventive care may help you manage and maintain your health and is **generally covered at 100 percent by most health plans.**



### Preventive Care

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.



### Diagnostic Care

Diagnostic care includes care or treatment when you have symptoms or risk factors, and your doctor wants to diagnose them.

To read the full article: [Health tip: Understanding preventive care \(uhc.com\)](https://www.uhc.com/health-tip/understanding-preventive-care)

Check out page 19 on your [2024 City of Tampa Benefits Guide | City of Tampa](#) to learn which preventive care activities can earn Wellness Incentive dollars!

Click here to get your personalized preventive care checklist and to see what to expect during your annual wellness check-up: [Preventive care | UnitedHealthcare \(uhc.com\)](#)

## Employee Wellness Program Survey Results are in!



Thank you to those who participated in the **Employee Wellness Program Interest Survey** a couple of months ago! A total of **536** City of Tampa employees responded to questions related to their interest in health & wellness initiatives. **Here are some of the highlights:**

According to the survey results, City of Tampa employees would like to learn more about **healthy eating** (62%) **weight loss** (53%), getting in **more physical activity** (55%), and how to **better manage stress** (45%). Your number one choice for program delivery was by free **online webinar** (70%), followed by **onsite lunch & learn** events (56%), and some **worksites programs** like physical activity challenges (48%) and weight management programs (37%).

The top 3 best times of day you'd like to participate in a wellness event were **during lunch** (28%), **after work** (21%), and whenever the **supervisor** said it would be OK (17%)!

The top 3 reasons you felt motivated to participate in a wellness activity included gaining **personal satisfaction** (75%), participating in a **group/team challenge** (29%), and getting **recognition** (16%). The top 3 reasons why you would **not** be motivated to participate were: **not enough time at work** (38%), activities were held at **inconvenient times** (27%), and feeling **uncomfortable participating with co-workers** (10%).

Some other interesting points we took note of include: **68% of you said you worked in an office environment, 21% of you said you worked in the field, and 11% selected "other" for their work environment.** Your top 3 preferred methods of **communication** regarding wellness events were: **Email** (67%), the monthly **newsletter** (54%), and the **COT intranet/website** (20%).

On behalf of your **City of Tampa Benefits Team** and your **UHC Onsite Team**, a resounding **THANK YOU** for participating in this survey! Based on these results, we are busily preparing for an **amazing year of wellness in 2024!** I invite you all to join your COT Benefits Team, the UHC Onsite team, and your COT Workforce Wellness Team volunteers in supporting the program and **continuing to build a Culture of Wellness at the City of Tampa!**

## Important Pharmacy Benefit Enhancements for 2024!



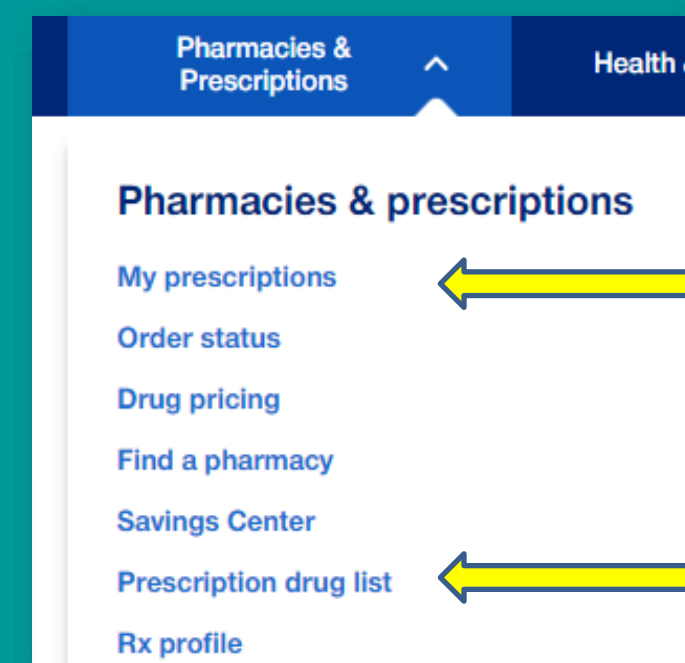
Members have always been able to get a 90-day supply of certain maintenance medications through the OptumRx mail order program.

Effective 1/1/24, you can now get a 90-day supply of your eligible maintenance medications **in person at your preferred retail pharmacy**, at 2x the applicable copay.

For example, a 30-day prescription of Metoprolol, which is a Tier 1 medication, costs \$30 at your retail pharmacy. With this new benefit enhancement, you can now obtain a 90-day supply of Metoprolol for \$60 (3 months supply at just 2x the copay) **at your local participating network retail pharmacy.**

The City of Tampa is enhancing your pharmacy benefit to provide you with greater options for filling your 90-day prescriptions. Watch your mailbox for a flier from United Healthcare with more information on this benefit!

**Also new in 2024:** Some prescription medications may require **prior authorization**. Prior authorization ensures the right patient gets the right prescription at the right time. If your medication requires prior authorization, **there is nothing you as the patient need to do.** Your in-network provider is responsible for obtaining prior authorization for you when the medication is ordered.



You can check whether any of your prescription medications require prior authorization by viewing them on myuhc.com. Simply sign in to [www.myuhc.com](https://www.myuhc.com) and click on "Pharmacies and Prescriptions" along the top menu bar. From the drop-down list, select **"My Prescriptions"** to view details on all your current medications.

You can also click on **"Prescription Drug List"** for information on all the medications covered by your UHC health plan through the City of Tampa and to determine if they require prior authorization.

Reach out to your onsite UHC Representative, Savio Crasto, at 813-274-8279 for any questions regarding your benefits!





## Scenes from the 2024 Workforce Wellness Team Holiday Luncheon!



The UHC Onsite Team would like to give the WWT members and the City's Benefits Department a great big **THANK YOU** for all you do throughout the year to help build a culture of Health & Wellness for the City of Tampa!

**You guys are the bomb-diggity!**



### Congratulations to City of Tampa employee **Ciarra Yantin** She lost 35 pounds this year!!

One year ago, Ciarra participated in the City of Tampa Maintain Don't Gain Challenge, because she didn't like that she was "5'2" and pushing 200 pounds." She was also feeling pain in her knees and back. She began meal prepping and added physical activity. She hired a personal trainer that she found on social media and committed to virtual training 6 days per week. The training also provided a digital cookbook with short 2-3-minute videos. In September, the trainer offered a weight loss challenge that included a cash prize for the top 3 transformations. Ciarra won second place, \$250 cash, and proved to herself that she could do it!

Through this journey, Ciara says she has learned self-discipline with consistent routines Monday – Friday. She gets up at 3:30AM to take care of her dog, before going to the gym, and she goes to bed by 9PM so she can give her body the proper time for rest & recovery. Ciarra has also established a routine of meal prepping on Sundays and Tuesdays, which keeps her from eating unhealthy options. And, while she has learned to be disciplined, she also shares that she "gives herself grace without guilt." She still goes out to eat sometimes, she just chooses the healthier options, like fish instead of a basket of fries.

Ciarra feels so much support on her wellness journey. She continues to work with the virtual trainer and the virtual community of 77 women. She has a friend to go to the gym with her. Ciarra also appreciates her coworkers who respect her lifestyle & compliment her efforts. Ciara has advice for those who are on their own weight loss journey. **"If you fail to plan, you plan to fail! Plan what to cook, remember it is not about competition with others, it's me vs me."**



### The City of Tampa Workforce Wellness Team!

Your COT Workforce Wellness Team (WWT) has been growing! Here is one of our newest members, Dwayne Cooper from Water Distribution (pictured here with Mayor Jane Castor). Dwayne says he joined WWT "to help spread the news on how to live a healthy life."

For more information about the WWT, please reach out to your UHC onsite team!





## Health **is** Wealth.



### Care with no out-of-pocket

Whether your goal is disease prevention, chronic disease management, or convenient and fast care for an unexpected illness or injury, we're here for you. Your CareATC benefits give you access to:

- No out-of-pocket costs for office visits, labs, and medications provided at your visit
- Fast and easy appointment scheduling
- Little to no wait time
- More time with your provider

Activate your patient account, visiting [www.careatc.com/activate](http://www.careatc.com/activate) or downloading the CareATC app and following the registration prompts.

### City of Tampa Himes Wellness Center

4107 N Himes Ave, Ste 101, Tampa

Mon - Wed 7am-7pm  
 Thu 7am-6:30pm  
 Fri 7am-5pm  
 Sat 8am-12pm

### City of Tampa Hanna Wellness Center

2555 E Hanna Ave, Ste 106, Tampa

Mon - Fri 8am - 5pm

### City of Tampa Brandon Wellness Center

413 W Robertson Street, Ste A, Brandon

Mon - Fri 8am - 5pm  
 Sat 8am - 12pm

Under HIPAA regulations, all patient information is confidential.

### Treatments and Services Include:

- Adult Immunizations
- Allergies
- Annual Physicals
- Asthma
- Colds / Congestion / Flu
- Contraceptive Management
- Diabetes Management
- Generic Medications
- High Blood Pressure
- High Cholesterol
- Lab Work / Tests
- Minor Injuries
- Personal Health Assessments (PHA)
- Sick Visits
- Skin Health Screenings
- Sport Physicals
- Thyroid Disorders
- Tobacco Cessation
- Weight Management
- Well Woman Exams

### Three easy ways to schedule an appointment:

☎ 800.993.8244    🌐 [www.careatc.com/patients](http://www.careatc.com/patients)    📱 CareATC app



Show Me The App!



## What's a great type of Preventive Care? ...GET MOVING!

One of the easiest ways to work toward better health is to make sure you include plenty of physical activity in your daily routine. Even everyday things like gardening, housework, walking the dog, dancing, stretching, and playing with the kids **all count as healthy physical activity.**

For those who are planning to “up the ante” in 2024 by adding more physical activity to your daily routines, there are some **GREAT** options right in your own backyard - *literally!*

Check out the City of Tampa Parks & Rec page on [tampa.gov](http://tampa.gov): [Recreation Centers | City of Tampa](#) Here you can find information on the different recreation centers throughout the greater City of Tampa area.

Not sure how to begin? No problem! Many of these centers include things like **instructor-led exercise classes, lessons in dance and martial arts, fitness rooms, gyms, pools, and more!** You won't have any trouble figuring out how to get in more healthy movement!

Your COT recreation centers are the heartbeat of your community and the soundtrack to Tampa's story. They provide people with a great place to grow, laugh, learn, and play. Consider joining a recreation center near you **and get moving into the New Year!**

### Introducing: One Pass Select



One Pass Select is a **new benefit** for City of Tampa UHC members. It's a subscription-based program that provides you with access to fitness centers, online workouts and fitness classes, and a free grocery delivery service. Eligible family members can also take advantage of One Pass with a 10% discount.

Watch your email for information on One Pass Select. You can also reach out to your UHC Onsite Team members for more details.



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# Happy New Year!