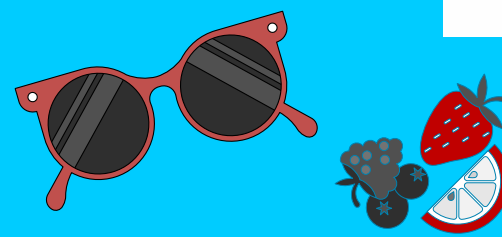


City of Tampa Healthy Heartbeat



July 2023

Sun Safety Tips

Consider these sun safety tips when you're spending time outside:

Spending time outdoors — it's a great way to be active and healthy. When you're out in the sun, it's important to think about sun safety too. Consider these tips to help protect yourself.

Sunscreen

Your skin can burn even on a cloudy day. Use a sunscreen with an SPF (Sun Protection Factor) of at least 30 to block out the majority of the sun's UVB rays. Choose a sunscreen labeled "Broad Spectrum". Remember, sunscreens are not waterproof, only "water resistant", so be sure to reapply at least every two hours.

The eyes have it

Help protect your eyes by wearing UV blocking sunglasses and broad brimmed hats — even on cloudy days. Also never look directly into the sun.

Heat-related illnesses

Heat-related illnesses occur when the body is overheated and cannot properly cool itself. Heat related illnesses can be life threatening and can also cause damage to the brain and other vital organs.

Become familiar with these symptoms:

Heat Exhaustion: heavy sweating, cold, pale, clammy skin, fast or weak pulse, nausea or vomiting, muscle cramps, tired or weakness, dizziness, headache, fainting. Seek medical help right away if the person is vomiting or if symptoms worsen or last more than an hour.
Heat Stroke: High body temperature of 103 degrees F or higher, hot, red, dry or damp skin, fast/strong pulse, headaches, dizziness, nausea, confusion, losing consciousness. Call 911 right away! Heat stroke is a medical emergency.

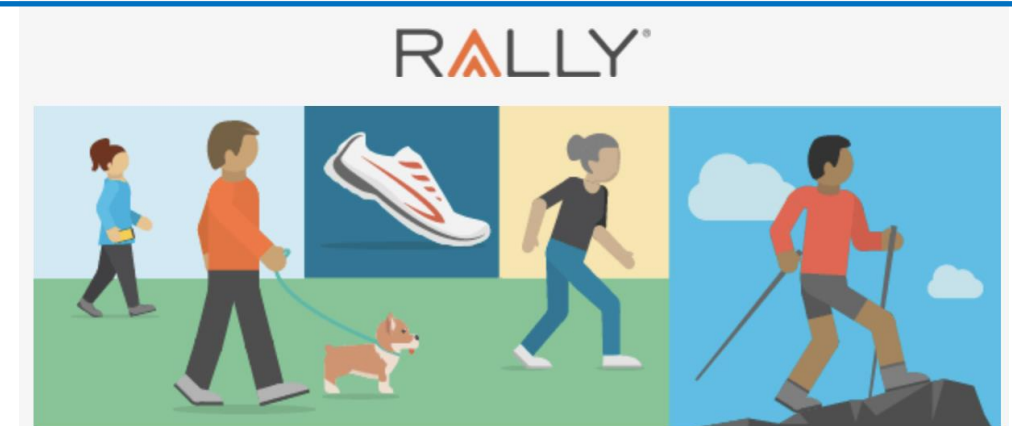
Want more information? [Click here to view the UHC Sun Safety Flier](#)

Rally Roadshow

Have you signed up for Rally yet? The City of Tampa's wellness incentive program has changed: All your incentive activities are now earned through the Rally platform.

If you would like help signing up, your UHC Onsite Team will be embarking on a Rally Roadshow in July. No appointment needed; walk-ins are welcome! See below for times and locations:

DATE	TIME	LOCATION
Wed 7/5	7:30-9:30AM	Contract Admin
Wed 7/5	3-5PM	TPD Communications (PM)
Thu 7/6	7-9AM	Wastewater - Collections
Thu 7/6	9:30 - 11:30AM	Wastewater - Admin
Thurs 7/6	12:30-2:30PM	Construction Management
Mon 7/10	7-9AM	TPD Communications (AM)
Mon 7/10	2:30 - 4:30PM	Convention Center
Tue 7/11	8:30 - 11:30am	TMOB
Tue 7/11	12:30 - 3:30PM	TPD-HQ
Wed 7/12	7-9AM	Water Distribution
Wed 7/12	1-3PM	CMOB
Thurs 7/13	9:30 - 11:30	Transportation & Stormwater
Fri 7/14	7-9AM	TFR Admin



It's here! The August 2023 Wild on Walking Challenge

Grab your favorite walking shoes and join the fun!
Registration opens Monday 7/17/23
The August challenge will run 8/1/23 - 8/31/23
Earn a \$100 Wellness Incentive for participating!

[CLICK HERE to join](#)

A Note From Coach Stef:

Recently a COT employee reached out and requested "healthy on-the-go breakfast" options. I shared a few resources including one of my faves; Banana-Berry Overnight Oats. It only takes a few minutes to prepare, and it'll be ready to eat in the morning without having to fuss around in the kitchen when you are short on time. Also, I triple the recipe to have breakfast for multiple days.



Banana-Berry Overnight Oats

Prep - 5 min.

Refrigerate – overnight (at least 6 HR.)

Yield - 1 serving

Studies show that frozen blueberries have considerably greater polyphenol concentrations than fresh, while most other nutrient levels are comparable between the two. Add walnuts for brain health (thanks to the powerful combination of omega-3 fats, vitamin E, and antioxidants).

Ingredients

- ½ medium size ripe banana
- ¼ cup 2% reduced-fat Greek-style yogurt (I use vanilla)
- ½ cup old-fashioned rolled oats
- 1 tsp. chia seeds
- 1/8 tsp. kosher salt
- 2/3 cup unsweetened almond milk
- ¼ cup frozen thawed mixed berries
- 1 Tbsp. chopped walnuts

Directions

1. Place banana in small bowl & use a fork to thoroughly mash, add yogurt, mix to combine.
2. Add oats, chia seeds, salt, almond milk, berries, & walnuts; stir well.
3. Cover and refrigerate overnight (at least 6 hours)
4. Can top with additional berries and/or walnuts before serving.



Hurricane Preparedness

The 2023 Hurricane Season is in full swing! We're all hoping for a quiet season, but are you prepared in case we get "hit" with a bad storm? Don't wait! Here are some resources for City of Tampa and Hillsborough County, FL that may be helpful:



- [Hurricane Information | City of Tampa](#): information on tax-free dates, hurricane hazards, Alert Tampa, and more.
- [Alert Tampa - CITIZENS - Sign up \(everbridge.net\)](#): register to receive alerts and important information about potential emergencies or concerns in your area. For more details, click on the "Overview" and "FAQ" links found on this site.
- [2023 Hurricane Guide: Prepare before a storm | WFLA](#): Hurricane preparedness guide from WFLA
- [2023 Hillsborough County Disaster Preparedness Guide | City of Tampa](#): for residents of Hillsborough County, outside of Tampa
- [Tampa mayor urges residents to prepare for hurricane season | WFLA](#): message from Mayor Castor

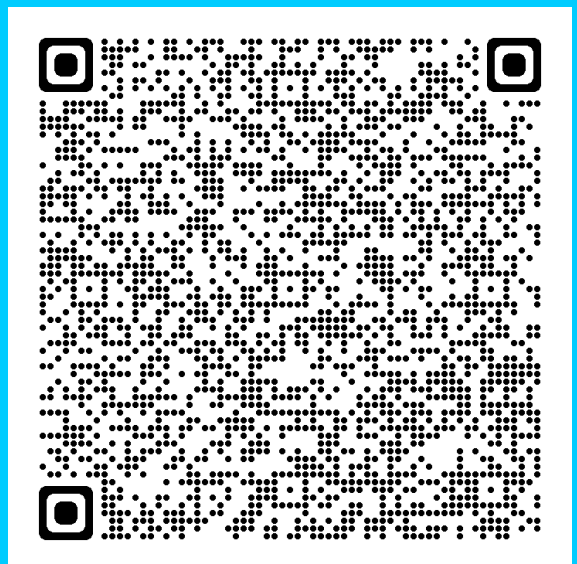
Wellness Webinars:

Healthy Eating on the Go!
Wed July 12th, 12-1PM

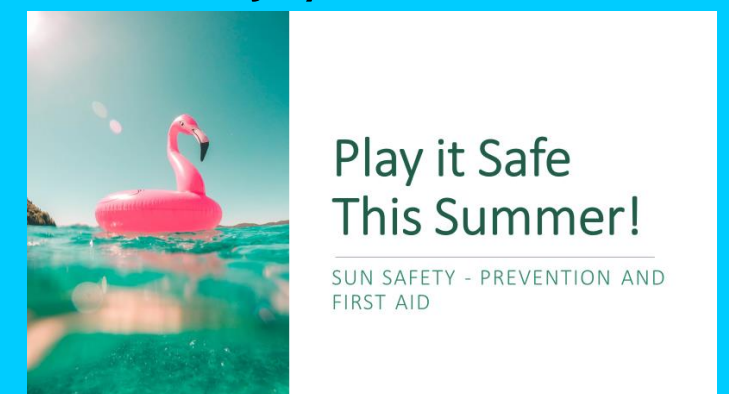


Eating healthy on the go is a lot easier than you might think! With a little bit of planning, you can eat out just about anywhere and still find good-for-you options that taste great!

To register: [Healthy Eating on the Go](#) or scan the QR code below

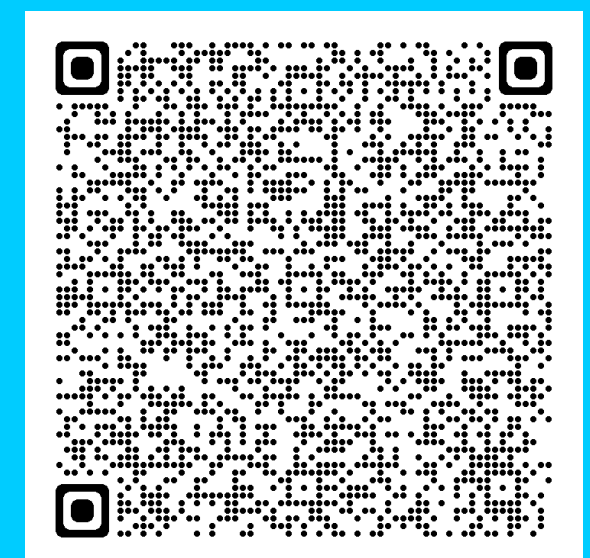


Play it Safe This Summer!
Wed July 19th, 12-1PM



Some like it hot –hot- hot! So, let's review some basic prevention and first aid strategies to help you play it safe while having your Summer fun!

To register: [Play it Safe This Summer](#) or scan the QR code below



[Worksite Wellness | City of Tampa](#)

[6 Healthy living habits | UnitedHealthcare \(uhc.com\)](#)

BayCare Dietician:
(727) 270-4758



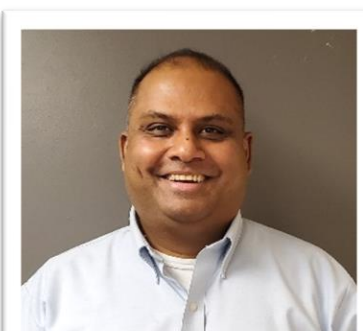
Your Dedicated United Healthcare Team



Nurse Liaison
Debbie Johns, RN
COTNurse@UHC.Com
(813) 482-4856



Health Coach
Stef Olstad
COTCoach@UHC.Com
(813) 535-0482



Onsite Representative
Savio Crasto
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(813) 274-8279

City of Tampa Benefits Dept:
Benefits@Tampagov.net (813) 274-5757



LOOK!!

NEW on-demand Wellness Class for Incentives!

[Click Here](#) and scroll down to the video titled, "Digital Eye Strain" to watch this presentation by Nurse Debbie.

If you are enrolled in one of the City's UHC Health Plans you could earn a \$100 wellness incentive!

www.tampa.gov > Worksite Wellness > Videos