

City of Tampa Healthy Heartbeat



June 2023

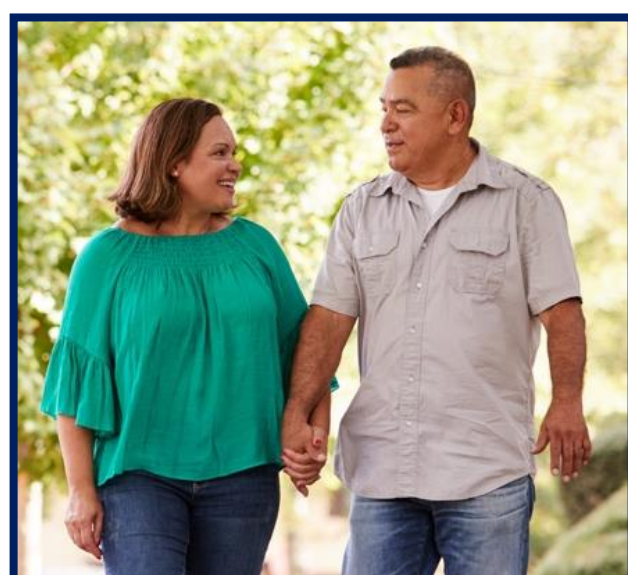
June: Men's Health Awareness Month

Health for men looks a little different compared to women, especially when it comes to risk factors for certain health conditions. Thanks to new advancements in screenings and recommendations, technology is helping prevent certain conditions and is keeping more men healthy longer.

The big challenge is making sure men actually make it to their doctor for the checkups and care they need. (You can do it!) In fact, if you're in good health, you may only need to see your doctor once a year for your yearly physical. Lots of important things happen during that time with your doctor, like blood tests, digital rectal exam, blood pressure check and more. Just that one simple visit can help you get and stay on the path to good health.

[Click Here](#) to read more about different topics that may help keep you up-to-date on the latest information on conditions related to men's health and wellness.

See page 2 to register for a **Men's Health webinar** and earn some Wellness Incentive dollars!



[Worksite Wellness |
City of Tampa](#)

**"It is never too late to be
what you might have
been." — George Eliot**

[Mediterranean Diet
Meal Ideas](#)

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

Coach's Corner:



Hi, this is Stef Olstad, the City of Tampa Health Engagement Coach with United Healthcare. Check out this great opportunity coming in June:

Mindful Eating 101: Take a 15 Minute Break for Better Health

Here's a simple way to Improve your diet, manage food cravings, & lose weight!

Join Health Coach Stef for a *mindfulness eating exercise* that can improve your relationship with food. Stef will guide you through the popular *Raisin Experience*. This is a simple eating exercise, which can take us out of our habitual "autopilot" eating. No meditation experience necessary!

Where/When:

Option 1: TMOB (306 E Jackson Street)
6/6/23 11:30-11:45AM

5th Floor conference room

[Click here to register for the TMOB event](#)

Option 2: TPD (411 N Franklin Street in Tampa) on June 28th from 12:15PM-12:30PM in the 5th floor conference room.

[Click here to register for the TPD event](#)

WHO:

Available to employees and covered spouses

Plus:

This 15-minute break will count as 1 of 3 coaching sessions toward your Wellness Incentives!

To schedule this event at your location, reach out to Coach Stef at COTCoach@UHC.com



Did You Know...?

There's a lot of great information on the [Tampa.gov website](http://Tampa.gov). Here you can view ALL your **City of Tampa vendor's benefits information**, you can register for webinars in the **Benefits Calendar**, and you can go to the **"Worksite Wellness"** page and view Coach Stef's amazing videos, as well as all the issues of the Wellness Newsletter, and the monthly webinar fliers!

You can access Tampagov.net 24/7 from anywhere you have internet access. And now **the City has added a benefit search suggestion on iNet:**

SIRE Agenda Processing

New SIRE Agenda Processing Timeline for May 2023 to April 2024

Latest News

- General 4 hours ago: OCH Fire Alarm Testing
- General 1 day ago: BECOME A CPR SUPERHERO
- General 1 day ago: Parks & Rec Staff Retirements with 117 Years of Service!
- General 2 days ago: In Honor of Memorial Day
- General 2 days ago: May Learning Update
- Technology 2 days ago: Internet Services Outage- May 20th at 9am

INTERNAL COMMUNICATIONS TOOLKIT

MEDIA TOOLKIT

ORACLE Cloud Knowledge Center

Growing healthy every step of the way

Employee Benefits

My Benefits

HUMAN RESOURCES

- Human Resources Home
- About Us
- Contact Us
- City Organization Chart
- Performance Metrics
- Information Resources
- My Benefits**
 - 2023 Open Enrollment
 - Benefits Calendar
 - Benefits Forms
 - Deferred Compensation
 - Dental
 - Elective Benefits
 - Flexible Spending Account

Benefits Guide

Health Insurance UnitedHealthcare UnitedHealthcare	Deferred Compensation Nationwide On Your Side Nationwide Retirement Solutions	Deferred Compensation FLORIDA MUNICIPAL PENSION Florida Municipal Pension Trust Fund
Employee Assistance Wood & Associates <i>Caring for the people who take care of your company</i>	Flexible Spending Account UnitedHealthcare	Life Insurance VOYA FINANCIAL

JUNE 2023 UHC Webinars:

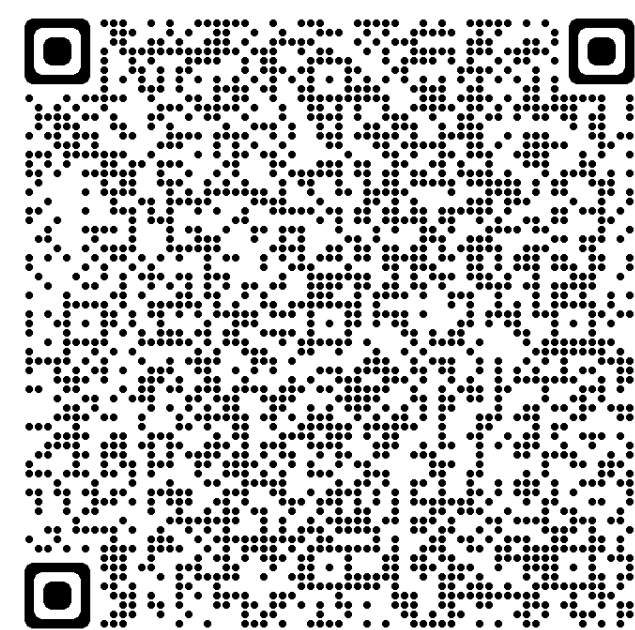
Men's Health: Information and Resources

Wed, June 21, 2023 – 12 to 1PM*



Learn preventive strategies for common men's health concerns and discover how to talk to your healthcare provider to get the most out of your visit to the doctor's office.

To register [Click Here](#) or scan the QR code below:



*Also available to come onsite – contact Nurse Debbie if interested.

Worksite Wellness

HUMAN RESOURCES

- Human Resources Home
- About Us
- Contact Us
- City Organization Chart
- Performance Metrics
- Information Resources
- My Benefits
- 2023 Open Enrollment
- Benefits Calendar
- Benefits Forms
- Deferred Compensation
- Dental
- Elective Benefits
- Flexible Spending Account
- Long-Term Disability
- Benefits
- Term Life & Supplemental Life Insurance
- UnitedHealthcare
- Vision
- Voluntary Wellness Physicals for Swim Employees
- Wellness Centers
- Wellness Incentive Activities
- Worksite Wellness
- Lobbyist Information
- Risk Management / Claims

Featured Video

Yoga for Core Stability

Videos

- Yoga For Heart Health "Celebrate American Heart Month" Quick Yoga Practice for Beginners
- A Gift For Your 2023 New Year Meditations
- Gratitude Yoga
- Celebrate National Wellness Month
- 5 Directions Of The Spine
- Calm the busy mind into to 3-Part Breathing
- Mindful Eating

Search for "Worksite Wellness" to see Coach Stef's videos. Scroll down to see the Wellness Newsletters.



"I try to eat healthy. I never sprinkle salt on my ice cream, I only eat decaffeinated pizza, and my beer is 100% fat free."