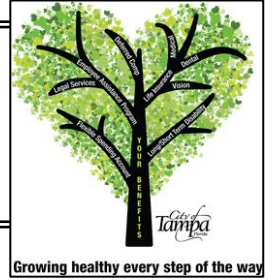


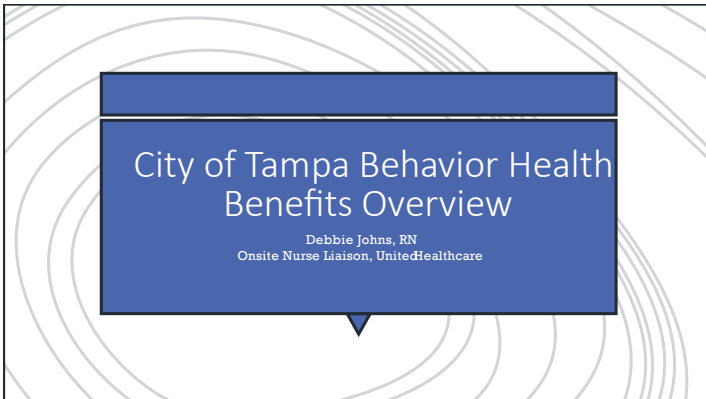
May 2023 Wellness Webinars

These presentations **DO** count toward your wellness incentives

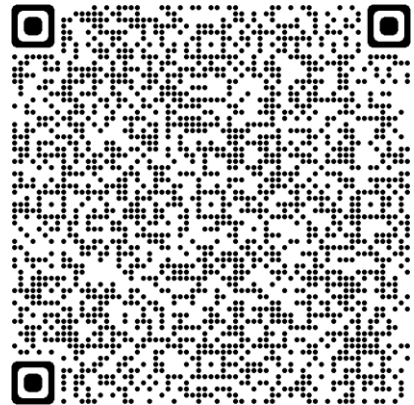


City of Tampa Behavioral Health Benefits Overview

Wed, May 10, 2023 – 12 to 1PM



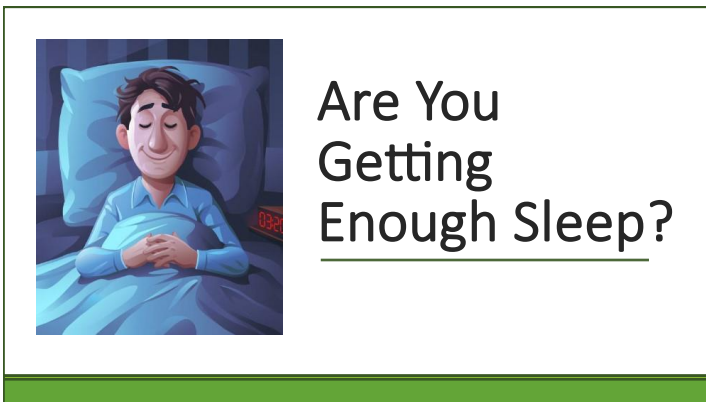
To register scan the QR code:



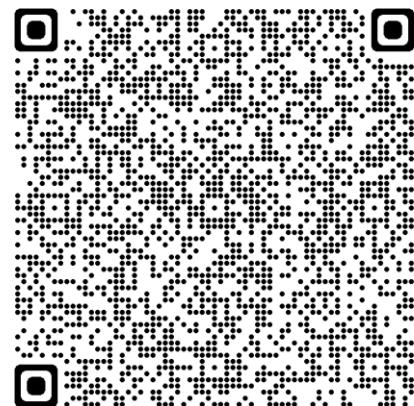
This presentation will provide a high-level overview of some of the mental health benefits and resources available to you through your City of Tampa/United Healthcare plan.

Are You Getting Enough Sleep?

Wed May 31, 2023 – 12 to 1PM



To register scan the QR code:



- Learn about some of the health benefits associated with a good night's sleep
- Understand some of the health risks associated with inadequate sleep.
- Explore ways to get a better night's sleep
- Identify resources that can help you work toward improving this area

Questions? Contact Nurse Debbie: COTNurse@uhc.com, (813) 482-4856