

# City of Tampa Healthy Heartbeat

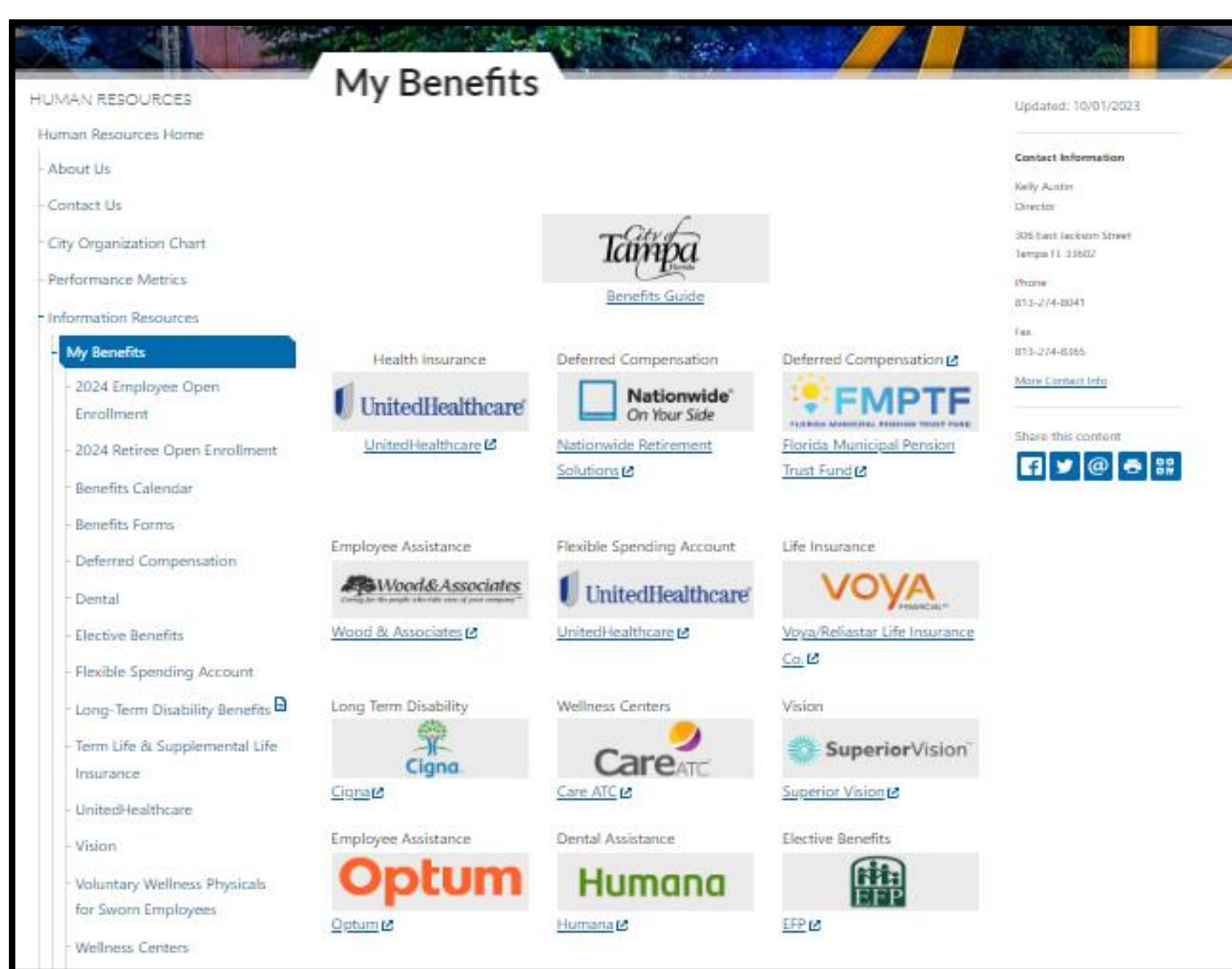


## City of Tampa Open Enrollment 2023

November 2023

Open enrollment for your 2024 City of Tampa benefits runs from November 1<sup>st</sup> through November 15<sup>th</sup>. Your City of Tampa Benefits Department has many resources that can help you discover what benefits will work best for you, not only during open enrollment, but all throughout the year!

To learn about your different benefits, one great resource is the Benefits Page on the Tampa.gov website. For **clickable resources to learn about all your different benefits providers**, go to: <https://www.tampa.gov/human-resources/info/benefits>

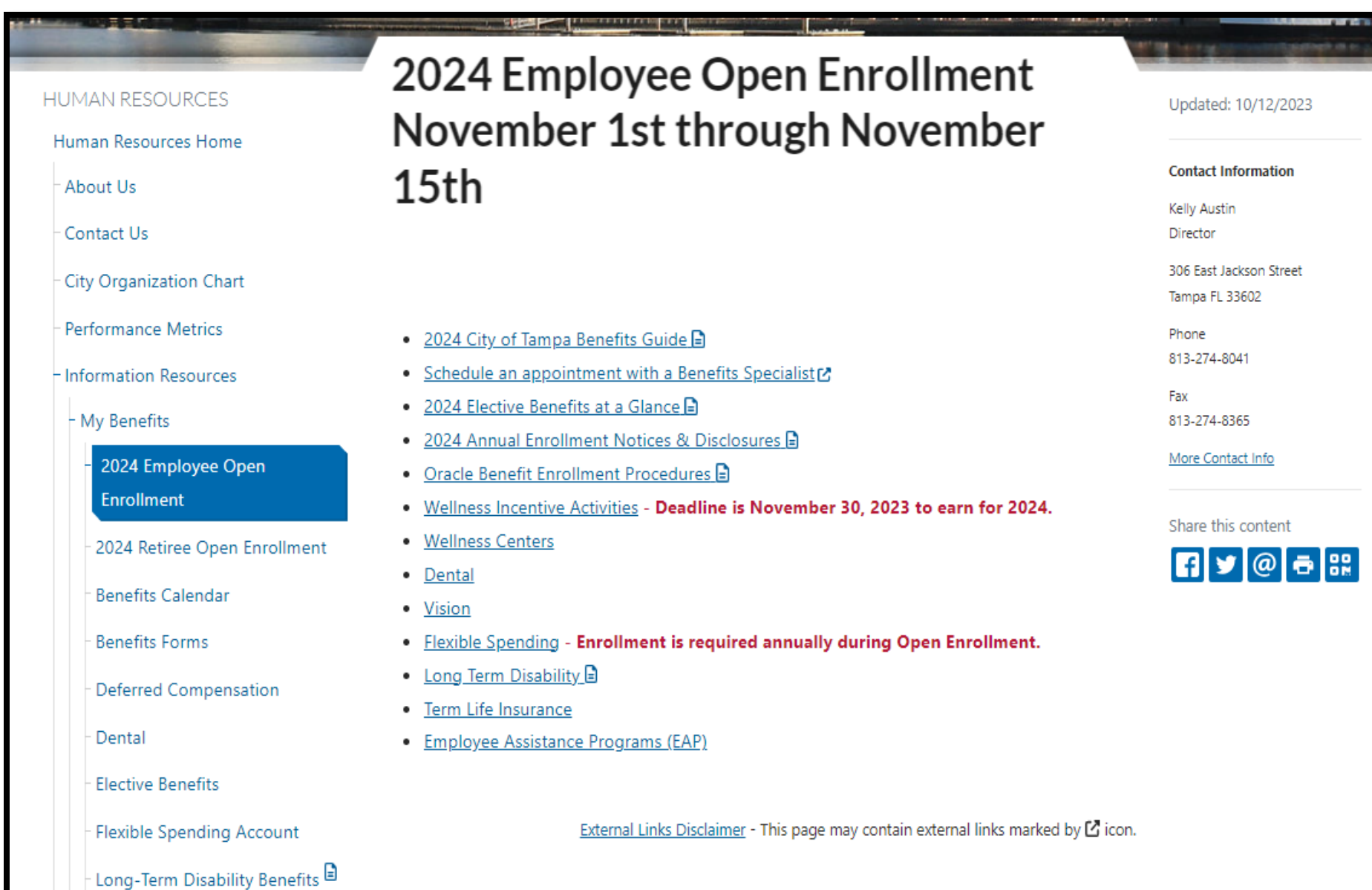


UHC onsite representative Savio Crasto shows COT Employee Dorothy Blair how to enroll in the Rally Incentives Program at the beautiful Tampa Convention Center! Contact Savio with your benefits questions at (813) 274-8279 or [COTOnsiteRep@UHC.com](mailto:COTOnsiteRep@UHC.com)

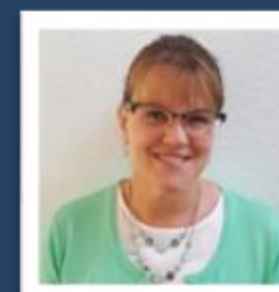
For United Healthcare benefits questions, the City of Tampa has a dedicated onsite UHC representative: **Savio Crasto**. Savio can answer your questions about UHC benefits and claims, your FSA account, your Wellness Incentives, and more!

Contact Savio by phone, email, or in person at the Columbus Municipal Office Building (CMOB), located at 3402 West Columbus Dr., 33607.

To prepare for enrollment, click on “2024 Employee Open Enrollment” on the left side and view additional informational links:



### Your Dedicated United Healthcare Team



**Nurse Liaison**  
Debbie Johns, RN  
[COTNurse@UHC.Com](mailto:COTNurse@UHC.Com)  
(813) 482-4856



**Health Coach**  
Stef Olstad  
[COTCoach@UHC.Com](mailto:COTCoach@UHC.Com)  
(813) 535-0482



**Onsite Representative**  
Savio Crasto  
[COTOnsiteRep@UHC.Com](mailto:COTOnsiteRep@UHC.Com)  
(813) 274-8279

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



## Coach's Corner! By Coach Stef: 813-535-0482 / [COTCoach@uhc.com](mailto:COTCoach@uhc.com)



### 👉 **THANKFUL THURSDAYS** 👈

**Come and share some good vibes!**

Practicing gratitude has amazing benefits, which can include improved sleep, mood, and immunity. The more you practice gratitude, you GROW your Gratitude! Let's cultivate an attitude of gratitude together. Join me online for 10 minutes of guided gratitude meditation with positive affirmations on Thursday November 2<sup>nd</sup>, 9<sup>th</sup>, and/or 16<sup>th</sup>.

**\*\*Bonus:\*\*** You can earn \$200 wellness incentive "engage with United HealthCare Health Coach (3 sessions)" by attending all 3 sessions!

**When:** Thursdays November 2<sup>nd</sup>, 9<sup>th</sup>, and/or 16<sup>th</sup> from 12PM-12:10PM

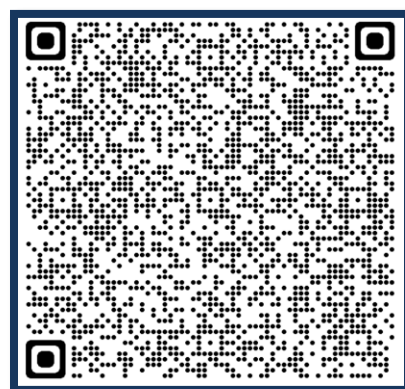
**Where:** Virtual/Online

**Questions:** Contact Stef Olstad at [cotcoach@uhc.com](mailto:cotcoach@uhc.com) or 813-535-0482

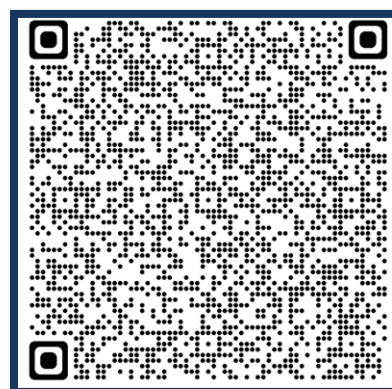
**\*\*To Register for each session, scan the QR code(s) or click on the date(s) below\*\***



**Nov 2, 2023**



**Nov 9, 2023**



**Nov 16, 2023**

**November is National Diabetes Awareness Month** - Here's some information that may be helpful if you or someone you love is working on managing this condition.

## Life with diabetes

### Hearing (and accepting) your diagnosis

Maybe you just felt off. Maybe you were excessively thirsty, really tired but not sleeping well, drained of energy. Maybe your vision was suddenly blurry. Maybe you lost weight without trying. Whatever might have prompted you to seek medical attention, you likely weren't expecting to maybe hear, **"You have diabetes."** For many people, the world may shift around them as they process the news.

### How is diabetes diagnosed?

The first step in diagnosing diabetes may be a blood test to help evaluate your current blood glucose level. Some doctors might also order a **glucose tolerance test or hemoglobin A1C test** to confirm the diagnosis.

### What may happen following a diagnosis?

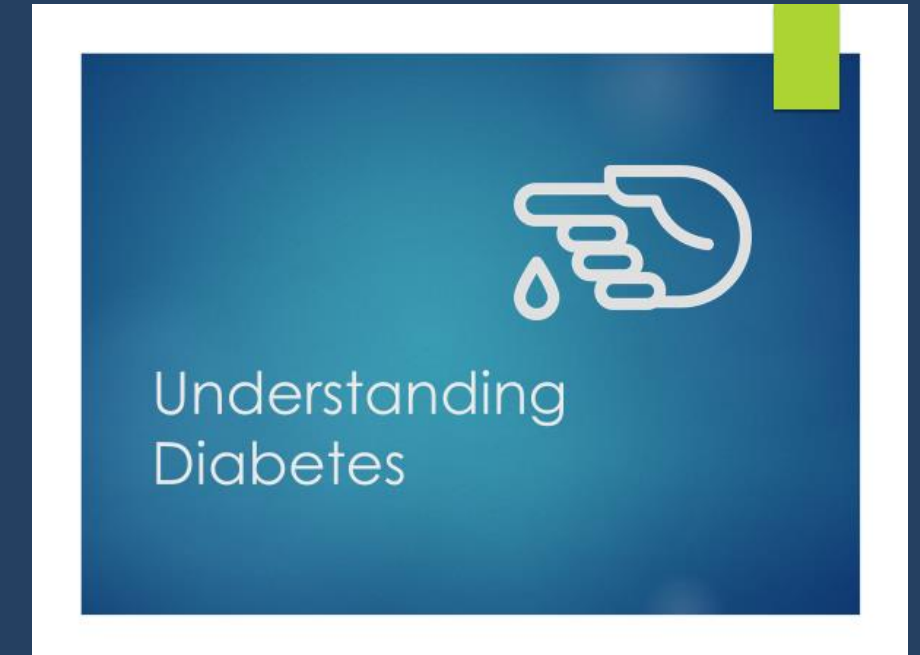
Following a diagnosis, your doctor may tell you that you need to monitor your blood glucose on a regular basis; that you may have to count carbs and track and balance what you eat and drink; and that depending on your individual circumstances, you may also have to ramp up your physical activity level.

To read the entire article, click here: [Life With Diabetes - United Healthcare](#)

## November 2023 UHC Webinar:

### Understanding Diabetes

Wed Nov 29, 2023, 12 – 1PM

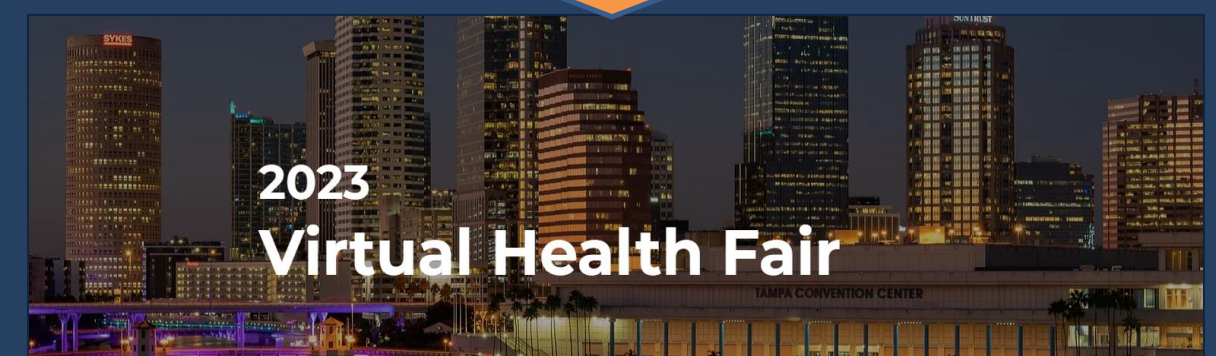


November is National Diabetes Awareness Month. This webinar will help explain the impact Type 2 Diabetes has on your health and what steps you can take to prevent or manage this condition.

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



**Wait!! The Fun's Not Over!**  
There's more to your 2023 Health Fair!  
Go to <https://www.tampa.gov/human-resources/info/worksites-wellness>  
**The Virtual Fair activities go through November 3<sup>rd</sup>!**



Today		November 2023	
1	WED	11:30am - 12:00pm	Carrier Session: Nationwide
		2:00 - 2:30pm	Carrier Session: Superior Vision
2	THU	11:30am - 12:00pm	Carrier Session: New York Life
3	FRI	11:30am - 12:00pm	Carrier Session: Wood Associates
		2:00 - 2:30pm	Carrier Session: Care ATC

2023 COT Health Fair 2023 COT Health Fair COT 2023 Health Fair 2023 COT Health Fair 2023 COT



Special thanks to **Gaston's Catering** for the cooking demo and all the **AMAZING food!!**

