

# City of Tampa Healthy Heartbeat



October 2023

## October: Women's Health and Breast Cancer Awareness

It goes without saying that women's health needs are different from those of men. Women are faced with unique health concerns that may impact their overall well-being. Specifically, women may be challenged by things such as certain types of cancers, changes in reproductive health, eating disorders, osteoporosis, and domestic violence. During each stage of life, it is important to understand the types of health concerns and risk factors that may affect a woman, as well as recommended preventive screenings and healthcare needs. A woman's best defense against developing a chronic health condition is prevention and action.

If you'd like to learn more about women's health care concerns and how to mitigate their risks, check out this article from United Healthcare: [Health tip: Women's health \(uhc.com\)](https://www.uhc.com/health-tip/women-s-health)

The City of Tampa Benefits Department is sponsoring another mobile mammogram bus. Be sure to take advantage of this awesome benefit.



1 in 8 women will be diagnosed with breast cancer in their lifetime. Early detection saves lives, get screened.

- Women ages 40 and older do not need a prescription or referral for your mammogram. Women ages 35-39 will need a prescription from a physician.
- Most major insurance plans accepted. There is no additional fee for 3D.
- Your appointment can be as quick as 10 minutes. Please complete all forms prior to your appointment at: [AdventHealthMobileMammography.com](https://www.adventhealthmobilemammography.com).

### Schedule Today

Location	City of Tampa
	400 N. Franklin Street, Tampa, FL 33602
Date	Thursday, October 12, 2023
Time	8:30am - 2:30pm

Schedule Today

- 📍 [AdventHealthMobileMammography.com](https://www.adventhealthmobilemammography.com)
- 📞 813-601-1925

 Advent Health

Leading a healthy lifestyle is important and has many benefits. But it's not always easy to get where we want to be! That's why your United Healthcare team is making **your wellness** our biggest priority!

We want to hear from you! Your opinion matters, so we're asking for your input on your health and well-being needs.



### The Wellness Interest Survey has been extended until 10/14/23!

Please scan the image below using your cell phone camera and complete the 5-minute survey from United Healthcare. We're working hard to make your health and well-being a priority at the City of Tampa!



## Rally Spotlight: Wild On Walking Challenge!



### Lace up for a Fun Challenge!

Grab your favorite shoes and get ready for the **October Wild on Walking challenge!** It runs from **Oct 1, 12:00AM - Oct 31, 11:59PM**. Sign in to Rally to register and sync your tracker. **Complete the challenge for a \$100 Incentive!**

## The 2023 Wellness Fair is coming! See p. 2 for details!!

### Wise Choices: Staying Healthy at 50+



- Get moving.** Exercise can reduce the risk for age-related diseases and disability.
- Eat a healthy diet. Get tips at [www.choosemyplate.gov](https://www.choosemyplate.gov)
- Pay attention to weight and shape. Extra weight, especially at the waist or with muscle loss, can raise health risks. Talk to your doctor about weight concerns.
- Don't smoke or use tobacco.
- Keep your brain active. Get tips for a healthy brain at [www.brainhealth.gov](https://www.brainhealth.gov)
- Be good to yourself. Get enough sleep, stay in touch with family and friends, and surround yourself with people you enjoy.
- Get regular medical check ups.
- Drink only in moderation, if you drink alcohol. (If you don't already drink alcohol, there's no need to start)

A message from our friends at **CareATC**: the wellness centers are working on improving their scheduling efficiency and ask that everyone please arrive at least 15 minutes early for their appointments.



Thank you!







Happy Fall Y'all. I have a new juicer. It's been fun playing around with new recipes. My fav recipe is only 1 ingredient; carrots! I didn't want to waste the pulp, so I found this yummy carrot muffin recipe. My family loved them, so I wanted to share it with you. Give it a try & let me know what you think. Or, if you have your own favorite juicing recipe please share @ [cotcoach@uhc.com](mailto:cotcoach@uhc.com)

**Yummy Healthy Carrot (from juicing) Muffins**    **Prep Time: 20 min**    **Cook Time: 18-20 min**

**Ingredients:**

- 1 ½ C. WHITE whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon salt
- 2 tablespoons melted butter
- ½ cup honey
- 1 egg beaten
- 1 teaspoon pure vanilla extract
- 1 cup unsweetened apple sauce
- 1 cup packed carrot pulp (from juicing or could use combo of apple or pineapple pulp too)
- Optional: add ½ cup of walnuts and/or raisins/craisins (I did)

**Directions:**

- \*Preheat oven to 350 degrees & grease 12-cup muffin tin with non-stick cooking spray
- \*In large bowl, whisk flour, baking soda, cinnamon, nutmeg, ginger, and salt
- \*In small bowl, whisk butter, honey, egg, vanilla, & applesauce
- \*Create well in middle of dry ingredients, pour in wet ingredients, stir (do not over mix)
- \*Fold in carrot pulp
- \*Divide batter into muffin tins & bake 18-20 min (check with toothpick), cool on wire rack



City of Tampa employee Lenora Roberson says "it was absolutely DELICIOUS."



## October UHC Webinars:

These classes are part of your **COT employee Wellness benefits** and are worth **\$100** each towards your **Rally incentives!** You can also register here: [Benefits Calendar | City of Tampa](#)  
**These sessions are provided for eligible COT employees and spouses**

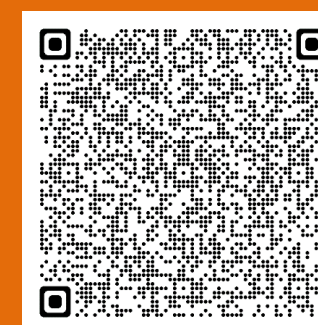
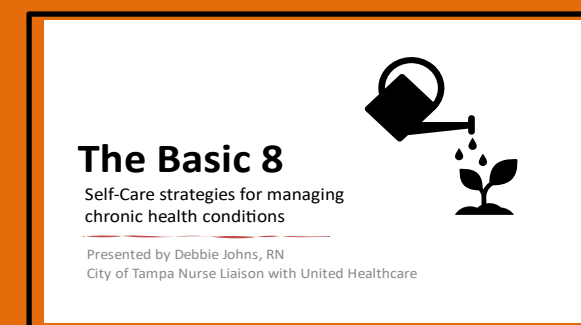


### How to be a Quitter

**Wed 10/11/23 – 12:00-1:00PM**

To register, scan the QR image above with your cell phone camera, or click this link: [How to be a Quitter Registration](#)

Did you know tobacco use is the single largest cause of preventable death and disease in the US? After you watch this webinar, you'll understand why nicotine is so addictive and learn about resources that can help you overcome your nicotine habit and be a Quitter!



### The Basic 8

Self-Care strategies for managing chronic health conditions

Presented by Debbie Johns, RN  
 City of Tampa Nurse Liaison with United Healthcare

### The Basic 8

**Wed 10/25 - 12-1PM**

To register, scan the QR image above with your cell phone camera, or click this link: [Basic 8 Registration](#)

If you have been diagnosed with a chronic health condition, like heart disease or diabetes, you might be feeling overwhelmed trying to get a handle on managing your health. **The Basic 8** is a list of healthy behaviors and actions that may help you simplify your self-care and keep your chronic health condition under good control.

"Success is the sum of small changes repeated day by day."

## Coming Soon:

# 2023 City of Tampa Wellness Fair

**Onsite event: Thursday 10/26/23**    **Hunt Center at Al Lopez Park**

**Meet your City of Tampa Benefits Team and Wellness Vendors**

**Games, Food, Bling..... We've got it ALL!**

**Virtual Activities also available – stay tuned for more details!**

[Worksite Wellness | City of Tampa](#)

**SUCCESS**  
 is the sum of small changes repeated day by day...

[Breast cancer screening and diagnosis | UnitedHealthcare \(uhc.com\)](#)

## Your Dedicated United Healthcare Team



**Onsite Representative**  
**Savio Crasto**

Email: [cotonsiterep@uhc.com](mailto:cotonsiterep@uhc.com)  
 Phone: 813-274-8279



**Nurse Liaison**  
**Debbie Johns, RN**

Email: [cotnurse@uhc.com](mailto:cotnurse@uhc.com)  
 Phone: 813-482-4856



**Health Coach**  
**Stephanie Olstad, BSW**

Email: [cotcoach@uhc.com](mailto:cotcoach@uhc.com)  
 Phone: 813-535-0482

## Healthy Selfies!!



Do you have a success story or would you like to share something you're doing to stay healthy? Send your stories and your healthy selfies to us and we'll share them in the monthly wellness newsletter!!



"My favorite color is Autumn"  
 ~ Unknown