

# Announcing the 2023 City of Tampa Rally Health & Well-Being Program



Dear City of Tampa employees:

As we enter 2023, we wanted to send a reminder of the valuable programs and resources that are available through the City of Tampa Rally Health & Wellbeing Program. These programs and resources are intended to help foster physical and mental health.

Additionally, in 2023, members covered on the UnitedHealthcare medical plan through the City of Tampa may be eligible to earn up to \$1,000 in incentives annually for your HRA if enrolled in the City Plan or Dollar First benefits if enrolled in the Simple Wellness Plan for the 2024 plan year.

We are excited to launch the 2023 City of Tampa Rally Health & Well-Being Program and are very pleased to see the City of Tampa continue to take steps to make member's health a priority. The pages that follow include additional information about the program. We invite you to join us in continuing to build a culture of health and well-being at the City of Tampa.

Yours in good health,

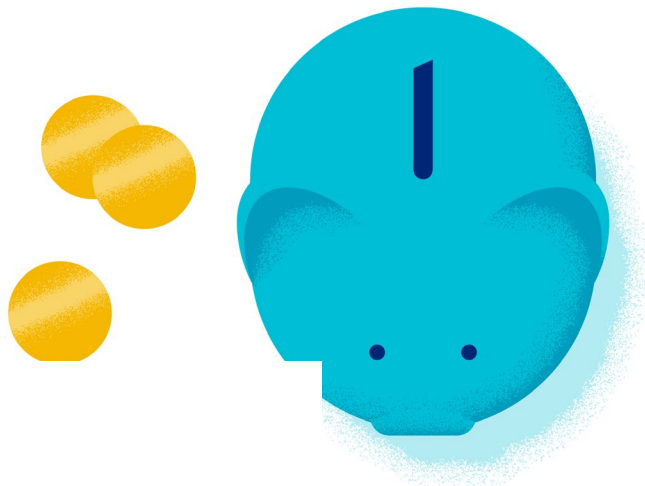
UHC Onsite Wellness Team



# 2023 Incentive Program








Health Action	Incentive
Rally Health Survey	\$100
Annual Exam, Prenatal Exam, Cancer Screening, Mammogram	\$200
Biometric Screening	\$200
Maternity Support Program	\$200
Complete Real Appeal	\$200
Tobacco-Free Attestation	\$200
Engage with UHC Wellness Coach (3 sessions)	\$200
Virtual Visit	\$100
Complete (3) Rally Missions	\$100
Attend UHC approved Wellness Class (repeatable quarterly)	\$100
Complete a City of Tampa Walking Challenge (repeatable quarterly)	\$100
Receive your Flu Shot/COVID Booster (each)	\$50
<b>Incentive Earning Max</b>	<b>\$1,000</b>

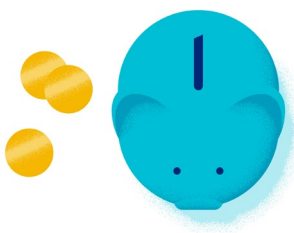


# Programs and Resources



The following programs and resources are available to members covered on the UnitedHealthcare medical plan through the City of Tampa.





Program	Focus	Description & Enrollment Information
 <b>Rally</b>	Healthy Lifestyle	<ul style="list-style-type: none"> <li>Complete the Rally Health Survey first by going logging in to myuhc.com (click "Health &amp; Wellness" and then "Rally", Get Started Now).</li> <li>After learning your "Rally Score," take small steps to improve your health in by completing Rally Missions.</li> <li>Be sure to download the Rally Health app for easier access!</li> </ul>
 <b>Real Appeal</b>	Weight Loss / Management	<ul style="list-style-type: none"> <li>Year-long weight management program with virtual meetings.</li> <li>Members receive a "success kit" at their home with a body weight scale, food scale and balanced portion plate, and on-demand workout videos.</li> <li>Get started by visiting <a href="http://enroll.realappeal.com">enroll.realappeal.com</a>.</li> </ul>
 <b>UHC Health Coaching</b>	Overall Health & Well-Being	<ul style="list-style-type: none"> <li>Wellness Coaching can show you how to change your behavior and build an action plan tailored for you.</li> <li>Work with a personal coach who can support and encourage you.</li> </ul>
 <b>UHC Nurse Liaison</b>	Chronic Condition Support	<ul style="list-style-type: none"> <li>Chronic condition support.</li> <li>Referrals to condition-specific programs.</li> <li>Medical care guidance and medication compliance support.</li> </ul>
 <b>Virtual Visits</b>	Virtual Health	<ul style="list-style-type: none"> <li>24/7 Virtual Visits provide fast, convenient, on-demand access to care without having to leave home or the workplace. Members have the ability to see and speak with a doctor anywhere, anytime on a mobile device or computer. Doctors are able to diagnose a wide range of nonemergency medical conditions and prescribe medications. If needed, a prescription can be sent to their local pharmacy. No appointment is necessary, a visit usually takes less than 20 minutes and costs \$15.</li> </ul>



# Programs and Resources



Below are some additional programs and resources available to members covered on the UnitedHealthcare medical plan through the City of Tampa.

Program	Focus	Description & Enrollment Information
 <b>Living with Diabetes</b>	Type-2 Diabetes Management	<ul style="list-style-type: none"> <li>8-week program, during which you can connect with others online in small virtual groups to learn strategies for living with diabetes and making lifestyle changes. No video or camera connections are required.</li> <li>Each weekly session is led by a registered nurse trained in diabetes management.</li> <li>To register, visit <a href="http://www.rallyhealth.com/LWD">www.rallyhealth.com/LWD</a>. Follow the prompts on the Rally Coach Living with Diabetes program page to see if you qualify.</li> </ul>
 <b>Behavioral Health</b>	Mental and Emotional Well-being	<ul style="list-style-type: none"> <li>Evidence-based resilience programs for those looking to manage day-to-day stress or those who need but are not yet ready to seek treatment or are looking for an adjunct to treatment.</li> <li>Delivers personalized, on demand support that can be accessed anytime, anywhere to help members build resilience with new skills and daily habits.</li> <li>Visit <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a> to sign in or use “Tampa” to browse as a guest.</li> </ul>
 <b>Educational Resources</b>	Overall Health & Well-Being	<p>Access educational information for numerous health &amp; Well-Being topics in a variety of modalities. Resources include:</p> <ul style="list-style-type: none"> <li><a href="http://uhc.com/health-and-wellness">uhc.com/health-and-wellness</a></li> <li><a href="#">Worksite Wellness   City of Tampa</a></li> </ul>
 <b>Community Resources</b>	Social Determinants of Health	<p>Connect to local programs and services, such as food banks, temporary housing and housing programs, ride share and public transportation services, and financial education, that are available to you at \$0 or reduced cost at <a href="http://uhc.com/communityresources">uhc.com/communityresources</a>.</p>

# Contact Information



Have City of Tampa Well-Being Program questions? Want to connect with your UHC Health Coach, Nurse or Service Account Manager?



**Stef Olstad, BSW**  
UHC Health  
Engagement Coach



**Debbie John, RN**  
UHC Health Engagement  
Nurse



**Savio Crasto**  
UHC Onsite  
Representative

## Contact Information

- UHC Health Engagement Nurse: [COTnurse@uhc.com](mailto:COTnurse@uhc.com) (813-482-4856)
- UHC Health Engagement Coach: [COTcoach@uhc.com](mailto:COTcoach@uhc.com) (813-535-0482)
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