

City of Tampa Healthy Heartbeat



April 2024

April and May are all about **soothing stress** and **taking care** of your emotional **well-being!**

Introducing the 2024 Self-Care Bingo Challenge!

Beginning Monday April 15 through Friday May 24, 2024, we're encouraging City of Tampa employees to practice some good self-care by **completing 15 or more of these self-care activities!**

Everyone who **completes at least 15** of these activities during the challenge will get their names placed in a **drawing for a self-care prize!**

Playing cards will be available at various locations, including the Wellness Centers, beginning in April. You can also get an **electronic copy emailed to you** by requesting from Nurse Debbie (COTNurse@UHC.com) or Coach Stef (COTCoach@UHC.com)

Self-Care Bingo				
 Calculate your BMI (use a phone app or do a web search for BMI Calculator)	 Take a 10-minute walk	 Eat one serving of a red fruit	 Stand up from your desk 1 min. every hour today	Have a piece of 70% dark chocolate AND DON'T FEEL GUILTY!
Do 5 minutes of deep breathing 	 Get 8 hours of sleep tonight	Have a delicious fish dinner! 	 Do something that makes you laugh!	Hug someone 
Eat a heart healthy snack 	Drink 64 oz of water today 	Free Space! 	Enjoy a big salad 	Sign up for a Wellness Class: Benefits Calendar City of Tampa (www.tampa.gov)
Relax to your favorite music or book for 30 minutes 	Enjoy 30 minutes of exercise today 	Write a list of 5 positive things about yourself 	Look up a quote that motivates you 	Talk to your doctor about preventive care screenings 
Eat 3-4 servings of fruits & veggies today 	BRUSH AND FLOSS YOUR TEETH REALLY WELL TODAY 	Schedule your PHA (800-993-8244) 	Stop eating when you are satisfied tonight at dinner 	Check your blood pressure this week 

Once you've completed your 15 (or more) self-care activities on the playing card, **use the QR code on the card to submit your entry.** All completed card submissions are **due by end of business Friday May 24, 2024.**

For questions, reach out to Nurse Debbie (COTNurse@UHC.com, 813-482-4856) or Coach Stef (COTCoach@UHC.com, 813-535-0482)

Wanna Earn \$\$ Getting Healthy?

Did you know over \$1000 of the wellness incentives show up instantly right on your Rally app?

Check these out:

- Rally Health Survey – takes about 10 minutes to complete and the \$100 reward shows up immediately.
- Tobacco-free attestation – takes less than a minute to complete and the \$200 incentive shows up immediately
- Annual dental and vision exam attestations – both take less than a minute to complete and the \$100 incentives show up immediately
- Three Rally Missions – take varying times to complete, and the \$100 incentive shows up immediately
- Quarterly Walking Challenge – completed at the end of the month if you meet the steps benchmark, and the \$100 incentives show up immediately. Can be repeated 4X.
- Flu shot and COVID vaccine attestation – take less than a minute to complete and the \$50 incentives show up immediately

Complete healthy actions this year to improve your health and well-being and earn incentives that can help off-set some of your medical expenses for the following year!

Questions? Reach out to your Benefits Dept or to your United Healthcare onsite team.....

Your Dedicated United Healthcare Team



Nurse Liaison
 Debbie Johns, RN
COTNurse@UHC.Com
 (813) 482-4856



Health Coach
 Stef Olstad
COTCoach@UHC.Com
 (813) 535-0482



Onsite Representative
 Savio Crasto
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Benefits@Tampagov.net (813) 274-5757



April is national Alcohol and Substance Abuse Awareness and Stress Awareness month.

Millions of people in the U.S. are facing some form of substance abuse disorder or mental health issues. If you find yourself struggling with either – or both – of these challenges, remember **you are not alone** and there are **resources within your reach** that can help.

Alcohol and substance use disorder

When you hear the phrase “substance use disorder,” you might also think of substance abuse, addiction or dependence. Many who may misuse substances may not have a substance use disorder. That is, their condition may not be controlling their life, but it does pose a health risk, and may be a reason to warrant getting help.

Similarly, people drink alcohol for all sorts of reasons — celebrating a special event, unwinding after a long day, or socializing with friends. In moderation, it might be a normal part of life. But sometimes alcohol use can become too frequent and may cause serious problems, including negative social, professional or health consequences.

Knowing how to identify symptoms and find treatment resources at any stage can help you or a loved one struggling with substance or alcohol use disorder. It’s important to learn about these conditions so you can recognize them and get help as soon as possible. Here are some resources that may help:

- [Alcohol use disorder | UnitedHealthcare \(uhc.com\)](#)
- [Substance use disorder \(drug abuse\) | UnitedHealthcare \(uhc.com\)](#)
- [Substance Use Helpline | UnitedHealthcare \(uhc.com\)](#)
- [Video: Opioid Addiction and Drug Misuse](#)
- [Video: Alcohol Use and Misuse](#)

Living with stress and learning ways to handle it

Our bodies are designed to handle small doses of stress. In fact, stress is a natural part of our survival instincts. Have you ever heard a strange noise during the night and suddenly become wide awake? That’s a form of stress known as your *fight or flight response* making you hyperaware and focused so you can keep yourself safe.

In many situations, stress can be good. But, when you’re under constant stress without any periods of relaxation, it may become a serious problem. This kind of stress can send your body into overdrive and cause all sorts of health issues. Here are some resources that can help you learn more about stress and how to manage it.

- [Stress: Signs, Symptoms & Management | UnitedHealthcare \(uhc.com\)](#)
- [Health tip: Soothing Stress \(uhc.com\)](#)
- [Consejo de salud: Alivio del Estrés \(uhc.com\)](#)
- [Video: Stress in the Workplace](#)
- [Video: Laughter is Medicine](#)
- [Video: Breathing for Better Health](#)

Substance Use Helpline

Free, confidential alcohol and drug addiction help - whether you're concerned about yourself or a loved one:

24-hour Substance Use Helpline:
1-855-780-5955, TTY 711

Talk to a specialized substance use recovery advocate. You’ll get confidential support, guidance on treatment options, help finding a network provider and answers to your questions, including concerns about your personal health or care for a family member, coverage, cost of care and more.



Growing healthy every step of the way

April 2024 UHC Webinar:

How to be a Quitter: A Guide to Quitting Smoking

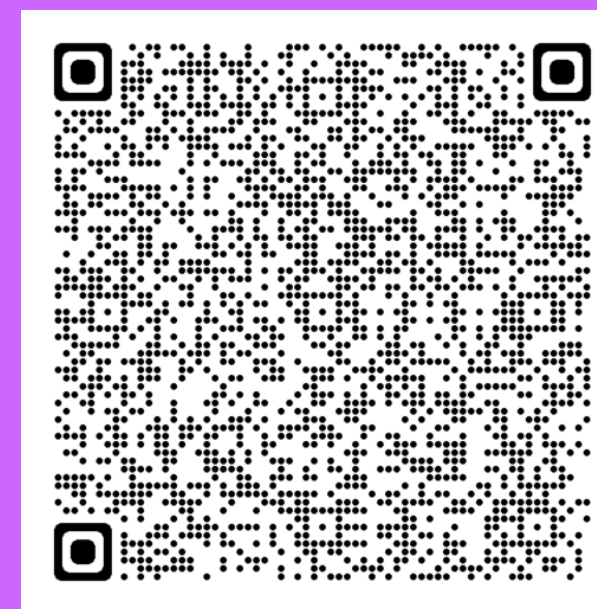
Wed, 04/10/2024 - 12:00 pm - 01:00 pm



Are you ready to become a quitter?

Folks who attend this webinar will learn a little bit about what’s behind our “need” to smoke, how nicotine works in the body, and what resources are available to help you kick the habit!

To register, click here: [How to be a Quitter registration](#) or scan the QR code:

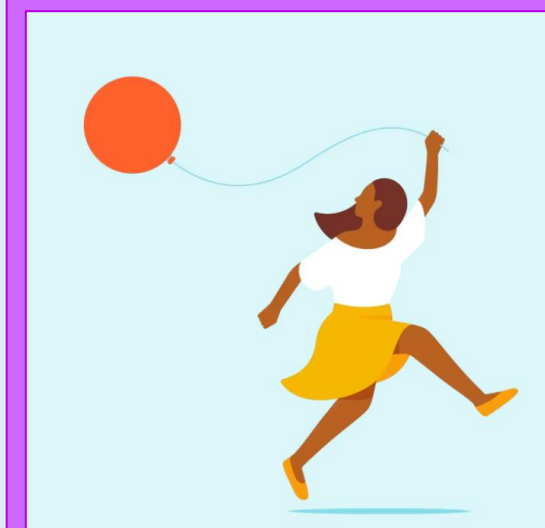


Eligible participants may earn \$100 toward their wellness incentives by attending this webinar.

Live and Work Well

Looking for behavioral health resources or information about your Behavioral Health benefits? Check out www.liveandworkwell.com

Create an account and sign in or browse the site using the access code **Tampa**.



Care and support for your emotional wellbeing

To view your benefits, sign in or register with HealthSafe ID

Sign in

Register

[Browse with an access code >](#)