

City of Tampa Healthy Heartbeat



February 2024

February is National Heart Month, so let's talk about caring for your heart!

Heart disease is the leading cause of death in the United States. Caring for your heart can be a big step toward your overall good health. Knowing what heart disease is, how it works, and building awareness is the first step to preventing heart disease.

What's at the heart of heart disease?

Let's explore what heart disease actually is. Also known as cardiovascular disease, it can be a very serious condition. The simplest way to say it is that heart disease prevents the heart from pumping blood the way it should. That means blood may have trouble getting to your heart, lungs and other organs.

Here's the good news — there are ways to take charge. With small changes, you may stabilize or perhaps improve some of the causes of heart disease.

What are symptoms of heart disease?

Heart disease symptoms aren't always clear. There could be many symptoms, or none at all.

The most common symptoms include:

- Chest pain or discomfort (angina)
- Irregular or fast heartbeat
- Fatigue or weakness
- Nausea or vomiting
- Pressure or a squeezing feeling in the shoulders, neck, jaw, throat, arms or back
- Shortness of breath
- Lightheadedness or dizziness
- Cold sweat

Questions to ask your doctor about heart disease

Here are a few sample questions you might want to ask your doctor about heart disease.

- ✓ What should my blood pressure be? How often should it be checked?
- ✓ What should my cholesterol and triglyceride levels be? How often should they be checked?
- ✓ What should my blood sugar level be? How often should it be checked?
- ✓ What other screening tests for heart disease do I need?
- ✓ What's a healthy weight and waist measurement for me?
- ✓ What lifestyle changes would you suggest for me?
- ✓ Can you suggest any resources that could help me lose weight or stop smoking?
- ✓ How often should I see you for a wellness checkup?

For more information on caring for your heart health, read the full article [here](#).

Health tip: Eating Mediterranean



The Mediterranean Diet is modeled after the eating styles of adults living in certain regions bordering the Mediterranean Sea, where rates of chronic disease are among the lowest in the world.¹ In fact, research shows that the presence of heart disease seems to be lower among people living in Italy, Greece, and other countries around the Mediterranean, compared to those living in the United States. These studies suggest that diet may play a role.²



Practical tips to make your diet more "Mediterranean."

- Increase your day-to-day activity such as taking the stairs, standing/walking during phone calls, and planning physical outings.
- Substitute beans for meat, snack on nuts instead of chips, and try having Greek yogurt with nuts or fruit for dessert.
- Swap butter and refined seed oils for olive oil in cooking, use hummus, tahini, nut butter or mashed avocado on a sandwich/wrap, instead of mayonnaise or cheese.
- Make meat your side and vegetables your main course such as adding meat into a stir fry; use canned and water-packed tuna or salmon for a quick and easy way to increase fish intake.
- Enjoy a 5 oz. glass of red wine with dinner, if you don't drink, there is no need to start, having a glass of concord grape juice provides you with the similar health benefits.

[Click this link to view the whole article](#)

To view a short video from United Healthcare on the Mediterranean Diet, click here:

[UAW: Eating Mediterranean \(brainshark.com\)](#)

(Please Note: This video does NOT count toward your Wellness Incentives)



New Ways to Earn Incentives on Rally!

Did you see it? Your COT Benefits Dept has added 2 additional ways you can earn your wellness incentives in 2024. Now you can complete or attest to completing an annual eye exam and/or an annual dental exam and earn \$100 towards each of these wellness incentives! After your provider visits, just pop into your Rally account, navigate to "Available Activities > See All" and click on the 2 new activities to complete your attestations.

Earn rewards for practicing healthy habits!

For more information on your Wellness Incentives, see p. 19 in the 2024 Benefits Guide, check with your Benefits Dept, or give a shout to one of your UHC onsite reps.



RALLY



Lace Up for a Fun Challenge

Grab your favorite shoes and get ready for a friendly competition with your co-workers; Join the **February Wild on Walking Challenge on Rally!**

This challenge starts Feb 1 at 12:00 AM PT and ends on Feb 29 at 11:59 PM PT.

Completing this challenge and meeting the step goal can earn eligible participants \$100 towards your Rally Wellness Incentive Earnings!



It's February: Have you started earning your Wellness Incentives on Rally yet?

Many folks I've spoken to over the past few weeks are saying they've **already** earned \$500 or more on Rally towards their Wellness Incentives! If you're still scratching your head and wondering, "How does this stuff work again?", there's a great resource for you to get more information.



[Click Here](#) or go to www.tampa.gov and search for "Wellness Incentive Activities" for an **easy to understand 15-minute video** called "**2024 Incentives Overview**" explaining how the Wellness Incentives are earned, how they are spent, and how to navigate through Rally!

If you still have questions after watching the video, don't hesitate to reach out to your Benefits Dept or to any of your UHC Onsite Team for more support!

February UHC Webinars:

What's the Skinny on Cholesterol?

Wed Feb 14 / 12:00 – 1:00 PM

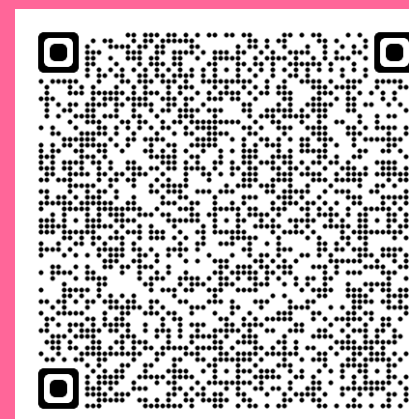


What's the Skinny on Cholesterol?
TIPS FOR FOLLOWING A HEART-HEALTHY LIFESTYLE

Participants who attend this presentation will learn:

- What is cholesterol and why do we need it in our bodies?
- What do the different cholesterol tests look for and what do my "numbers" mean?
- Risk factors and health complications associated with high cholesterol levels
- How can I reduce/manage my cholesterol levels? The true and false of some cholesterol myths

To register visit the [Benefits Calendar](#) on tampa.gov or scan the QR code.



Looking for **something new?** Interested in **team building?** Want to **stay fit?**

Coach Stef has started a "**Wellness Wednesday**" walking group at the **Hanna City Center!** Give Stef a call or email if you're interested in learning how you might be able to do this where you work!

COTCoach@uhc.com | 813-535-0482



Wellness Wednesdays
@ Hanna
For City of Tampa Employees

Walk. Talk. Get Fit.

Spend time with friends or make new friends who also want to be active. Together, we will develop and achieve fitness goals. Meet Health Coach Stef outside front entrance at 11:30AM for a 15-minute walking break. Reach out to Stef with questions at 813-535-0482 or COTCoach@uhc.com.



Wellness Webinars "On-Demand"

Can't make it to the Wednesday webinars?

For your convenience, we've provided recordings you can watch on-demand at your convenience.

These are also worth \$100 towards your incentives*.

Check them out here:

[Worksite Wellness](#) | [City of Tampa](#)



Popular Diets:
Myths & Facts

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

United Healthcare



Choosing Care

Presented by Debbie Johns, RN
UHC Onsite Nurse Liaison for the City of Tampa

United Healthcare

*Eligible employees and spouses may earn \$100 towards your wellness incentives by watching these presentations.

Your Dedicated United Healthcare Team



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February is Low Vision Awareness Month! Low vision is a condition caused by a variety of conditions, including age-related macular degeneration or AMD. AMD can affect the central vision, making it difficult to read a book, watch TV, or recognize faces.

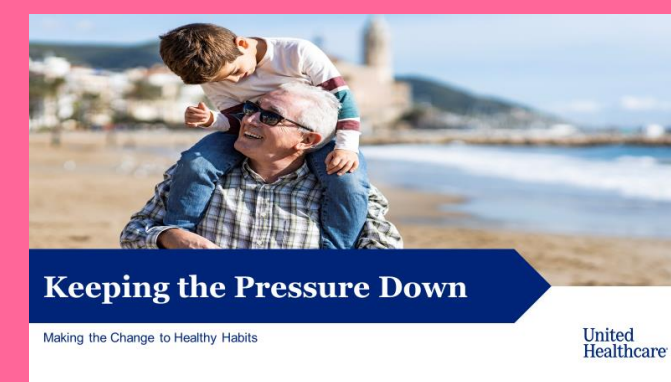
You can prevent your risk of developing Low Vision or Age-Related Macular Degeneration by following these healthy vision tips:

- Avoid smoking
- Eat plenty of green, leafy vegetables which are rich in lutein
- Keep your blood sugar down and monitor it as your doctor recommends
- Limit drinking alcohol
- Use a tool called an Amsler grid to check your vision each day
- Get an annual dilated eye exam each year over the age of 50

For more information on age-related macular degeneration, visit Network Eye at <https://www.networkeyecare.com/about-macular-degeneration>. There you can learn more about the Amsler grid and steps you can take to protect your eye health.

Keeping the Pressure Down

Wed Feb 28 / 12:00 – 1:00 PM



Keeping the Pressure Down

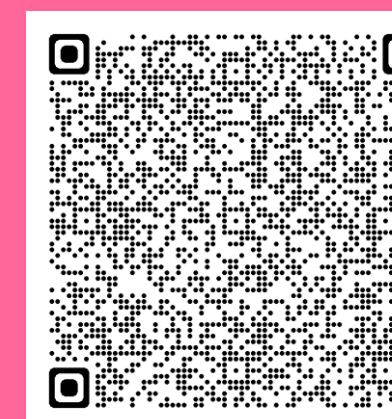
Making the Change to Healthy Habits

United Healthcare

Participants who attend this presentation will learn:

- What is high blood pressure and why is it important?
- What are some risk factors for developing high blood pressure?
- Healthy behaviors that may help to maintain a healthy blood pressure
- Where to find more information and help

To register visit the [Benefits Calendar](#) on tampa.gov or scan the QR code.



Happy Valentine's Day