



2025 PHA SCHEDULE & FLU SHOTS

Powered by:



Health & Wellness
PROFESSIONALS

| Date | Time | Location | Address |
|----------------------------------|-------------------|---|--|
| Monday, October 20 | 8:00 AM-1:30 PM | Downtown Tampa Police HQ | 411 N. Franklin St. 6th Breakroom |
| Tuesday, October 21 | 5:00 PM-7:00 PM | Downtown Tampa Police HQ | 411 N. Franklin St. 6th Breakroom |
| Tuesday, October 21 | 5:30 AM-8:00 AM | Water Distribution/CS Team | 3901 E 26th Ave Assembly Room |
| Tuesday, October 21 | 5:30 AM-8:00 AM | Solid Waste/Fleet Maintenance/ Public Works | 4010 W Spruce Street Solid Waste Yard Building 4, Training Room |
| Wednesday, October 22 | 7:00 AM-11:00 AM | Wastewater Collection Port of Tampa | 2515 Guy Verger Blvd Team Assembly Room |
| Wednesday, October 22 | 8:00 AM-1:30 PM | Hannah City Center | 2555 E Hanna Ave HR Training Room |
| Thursday, October 23 | 8:00 AM-12:00 PM | Columbus Municipal Office Building | 3402 W Columbus Drive Gold Medal Room |
| Friday, October 24 | 6:00 AM - 9:30 AM | Water Distribution/ Operations Team | 3901 E 26th Ave Assembly Room |
| Friday, October 24 | 7:00 AM-11:00 AM | Lowry Sub-Station | 7525 N Boulevard Neighborhood Enhancement Building |
| Friday, October 24 | 7:00 AM-11:00 AM | Wastewater/ Treatment Plant | 2700 Maritime Blvd Training Room |
| Thursday, October 30 | 10:00 AM-2:00 PM | Benefits Fair | Al Lopez Park 4810 N Himes Ave |



Registration is required.

Scan or click on the QR Code to register to participate. Registration will close 7 business days prior to the event date.

An onsite wellness appointment may be coded up to 2 hours of Sick Leave Wellness Appointment by the City of Tampa. The two-hour time period will not be deducted from your sick or annual leave balance.



Blood Pressure



Body Mass Index



Fasting Blood Draw



Flu Shot



PSA Testing- Males 45+

The City of Tampa recommends a Personal Health Assessment (PHA) annually for employees and any spouse or partner covered by one of the City sponsored health plans.

As in past years, the City also provides generous wellness incentives for the 2025 health plan year for getting the PHA.