

Announcing the 2025 City of Tampa Rally Health & Well-Being Program



Dear City of Tampa employees and retirees:

As we enter 2025, please remember the valuable programs and resources that are available to you through the City of Tampa Rally Health & Wellbeing Program. These programs and resources are intended to help foster physical and mental health.

Additionally, members covered on the UnitedHealthcare medical plan through the City of Tampa will be eligible to earn up to \$1,000 in wellness incentives annually for your HRA if enrolled in the City Plan or Dollar First benefits if enrolled in the Simple Wellness Plan for the 2026 plan year.

We are excited to continue the 2025 City of Tampa Rally Health & Well-Being Program, and we 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 at the City of Tampa.

Yours in good health,

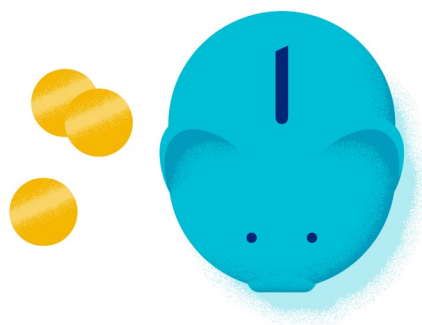
UHC Onsite Wellness Team



2025 Incentive Program








Health Action	Incentive
Rally Health Survey	\$100
Annual Preventive Care: Cancer Screening (Colon, Breast, Cervical) or Prenatal Exam	\$200
Biometric Screening (PHA) (Onsite, MD Form)	\$200
Maternity Support Program	\$200
Complete Real Appeal (9 sessions)	\$200
Tobacco-Free Attestation	\$200
Engage with UHC Health Coach (3 sessions)	\$200
Virtual Visit through UHC	\$100
Complete Three Rally Missions	\$100
Attend UHC approved Onsite Wellness Class or Webinar (repeatable quarterly)	\$100
Complete or attest to completing Annual Vision Exam	\$100
Complete or attest to completing Annual Dental Exam	\$100
Complete a City of Tampa Walking Challenge (repeatable quarterly)	\$100
Receive or attest to receiving your Flu Shot	\$50
Receive or attest to receiving your COVID-19 Vaccination or Booster	\$50
Incentive Earning Max	\$1000

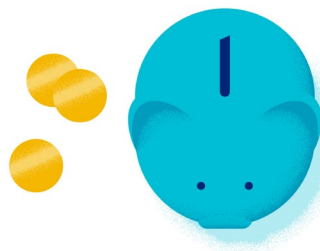


Programs and Resources



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
	Rally Engage	Healthy Lifestyle	<ul style="list-style-type: none">• Complete the Rally Health Survey first by logging into myuhc.com (click “View your rewards and learn how to earn”).• After learning your “Rally Score,” take small steps to improve your health by completing Rally Missions.• Be sure to download the Rally Engage app for easier access!
	Real Appeal	Weight Loss / Management	<ul style="list-style-type: none">• Year-long weight management program with virtual meetings.• Members receive a “success kit” at their home with a body weight scale, food scale and balanced portion plate, and on-demand workout videos.• Enroll by logging in to myuhc.com, select “My coverage & benefits” under Coverage & Benefits then click “View all additional benefits” and click on Real Appeal.
	UHC Health Coaching	Overall Health & Well-Being	<ul style="list-style-type: none">• Wellness Coaching can show you how to change your behavior and build an action plan tailored for you.• Work with a personal coach who can support and encourage you.
	UHC Nurse Liaison	Chronic Condition Support	<ul style="list-style-type: none">• Chronic condition support.• Referrals to condition-specific programs.• Medical care guidance and medication compliance support.
	Virtual Visits	Virtual Health	<ul style="list-style-type: none">• 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 a local pharmacy. No appointment is necessary, a visit usually takes less than 20 minutes and costs \$15.



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
 Calm Health	Meditation and Mindfulness	<ul style="list-style-type: none">• Access to mental health wellness programs, mindfulness content and personalized resources and education created by psychologists.• Learn techniques to improve well-being, work towards goals and support your mind and body.• Visit https://uhc.app/calm to complete registration. Once registered, you can download the mobile app. The mobile app is compatible with iOS and Android operating systems.
 Talkspace	Virtual Behavioral Health Therapy	<ul style="list-style-type: none">• Regularly communicate with a therapist, safely and securely from your phone or desktop. No office visit required.• Register (first visit only) and choose a provider and start therapy within hours of choosing your provider. Go to talkspace.com/connect.• After you register, download the Talkspace app on your mobile phone.
 Educational Resources	Overall Health & Well-Being	<p>Access educational information for numerous health & Well-Being topics in a variety of modalities. Resources include:</p> <ul style="list-style-type: none">• Health resources Health & wellness UnitedHealthcare• United at Work Health & Wellness presentations
 Community Resources	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 uhc.com/communityresources.</p>

Contact Information



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



Stef Olstad, BSW
UHC Health
Engagement Coach



Debbie Johns, RN
UHC Health Engagement
Nurse



Savio Crasto
UHC Onsite
Representative

Contact Information

- UHC Health Engagement Nurse: COTnurse@uhc.com (813-482-4856)
- UHC Health Engagement Coach: COTcoach@uhc.com (813-535-0482)
- Onsite Representative: COTonsiterep@uhc.com (813-274-8279)

