

The City of Tampa

UnitedHealthcare Onsite Team



Your Health Coach can help you with the following:

- Coach you to reach personal and healthy lifestyle goals
- Assist you to understand your modifiable health risks
- Identify and recommend appropriate wellness programs
- Partner with you in your wellness journey

Stef Olstad, BSW
cotcoach@uhc.com
[\(813\) 535-0482](tel:(813)535-0482)

Scan this QR code to
schedule an appointment



bit.ly/UHC-Appointment



Your Nurse Liaison can help you with the following:

- Managing chronic health conditions
- Identify medical condition-specific programs
- Help you find a network provider or facility
- Understanding medical terminology/treatment info

Debbie Johns, RN
cotnurse@uhc.com
[\(813\) 482-4856](tel:(813)482-4856)



Your Onsite Representative can help you with the following:

- Understanding your health benefits
- Find doctors and providers in your area
- Answer questions about bills and coverage
- Navigating the UHC digital tools/website

Savio Crasto
cotonsiterep@uhc.com
[\(813\) 274-8279](tel:(813)274-8279)



All information shared with the UHC team is strictly confidential and will not be shared with the City of Tampa.

Your dedicated UnitedHealthcare Team is available to employees, retirees, and dependents covered under the City's Group Health Plan.