

# City of Tampa Healthy Heartbeat

Health and wellness newsletter for COT Employees and families, and COT Retirees



August 2025

## Don't Miss Out!



### RALLY



Wild on Walking is an exciting voluntary wellness initiative that encourages participants to increase their physical activity and track their personal health. Join the Wild on Walking 31-day challenge for a fun, healthy way to push yourself to move a little bit more.

**Participating in the challenge is easy!**

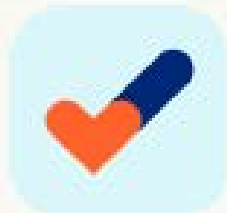


Track your activity by connecting any fitness tracking device to your Rally Engage app.



You'll earn points as you hit checkpoints along the way.

**The Wild on Walking Challenge begins 8/1/25 and ends on 8/31/25.**  
**Make sure to join by 8/31/25**



Also, don't forget to **download** the Rally Engage app on your phone. It makes logging in and tracking your progress in the challenge even easier!



## Beat the Heat: HYDRATE!

In August, your UHC team will be promoting the benefits of **staying hydrated** during the Florida Summer! Anyone who commits to being more mindful about drinking more water for the month of August will get this awesome 20 oz. refillable stainless steel water bottle!



[Select this link to register](#)

or use the QR code to get your spiffy new water bottle!



## FREE Yoga Classes at Hanna City Center

Every other Monday from 5:15PM – 6:00PM  
In the Community Room, 1st floor  
**Registration is required: [Yoga @ Hanna](#)**  
Or scan the QR code:



**\*\* This class is only open to COT Employees! \*\***

## August Virtual Cooking Demo:

**Marry-Me Chicken & Strawberry Citrus Sparkler**  
Wednesday, August 6<sup>th</sup> at 12 Noon



To register for the Cooking Demo, [follow this link](#) or visit the [Benefits Calendar](#) | City of Tampa



## Your Dedicated United Healthcare Team



Onsite Representative  
Savio Crasto  
[cotonsiterep@uhc.com](mailto:cotonsiterep@uhc.com)  
Phone: 813-274-8279



Nurse Liaison  
Debbie Johns, RN  
[cotnurse@uhc.com](mailto:cotnurse@uhc.com)  
Phone: 813-482-4856



Health Coach  
Stephanie Olstad, BSW  
[cotcoach@uhc.com](mailto:cotcoach@uhc.com)  
Phone: 813-535-0482





## Understanding Health Insurance

Premiums. Deductibles. Coinsurance. Out-of-pocket maximum... Health insurance costs go by a lot of names. Before selecting a health plan – or to best leverage the plan you already have, it’s important to understand how the different types of costs work and how they may affect your budget. For example, do you know the answers to these questions?

- What is a Premium?
- How does the Deductible work?
- Is a Copayment the same as a Coinsurance?
- What do my Wellness Incentives pay for?



Two great resources you can utilize to learn more:

Webinar: ["Health Insurance 101", Wed August 20th 12:00 noon](#)  
OR [Follow this link to read the UHC article "Types of Health Insurance"](#)

## How to Manage and Estimate Health Care Costs

Comparing prices and finding ways to save money is probably something you do with your everyday shopping. There are ways to save money on health care, too. For example, you may be able to get cost estimates before you get care, like an elective surgery, or an MRI. You can also choose providers in your health plan network to take advantage of lower costs that your health insurance carrier has negotiated for you.

Here are 4 more tips to help you save money on quality health care:

1. Estimate your health care costs with online tools ([myuhc.com](#) or the United Healthcare app).
2. Stay in network to save money.
3. Get familiar with your prescription drug list (PDL) and your pharmacy benefits.
4. Stay on track and save on costs by scheduling your yearly physical/checkup (earn wellness incentives, too!).

To learn more, follow this link to read the full article.



### UnitedHealthcare app for members

Get instant access to the answers and support you need, when you need it. The UnitedHealthcare app connects you to your health plan details anytime, anywhere.

### Use your mobile device to download the app

Scan the QR code now to get started. Only have access to a desktop or tablet device? [Register](#) or [sign in to your member account](#).



### Use the United Healthcare app to:

- Find care and pricing
- Search for network providers/facilities
- Refill prescriptions
- Get virtual care
- Access your ID Cards
- View your claims
- Check your benefits/coverage

### Earn While You Get Healthy!

The following activities are included in the City’s wellness incentives program:

#### STRETCH BREAKS WITH COACH STEF:

- 8/4 – Monday – 2PM:  
Hanna City Center, 2555 Hanna Ave, Community Room
- 8/7 – Thursday – 7AM:  
Wastewater Collections, 2515 Guy N. Verger Blvd
- 8/8 – Friday – 12:00PM:  
Solid Waste, 4010 W. Spruce Street, Admin Building
- 8/14 – Thursday - 8:30AM:  
40th Street Yard, 3804 E. 26th Ave., Muster Room
- 8/20 - Wednesday – 10AM:  
TMOB, 306 E. Jackson St, courtyard
- 8/22 - Friday – 2PM:  
Columbus Municipal Office Building (CMOB),  
3402 W. Columbus Dr, upstairs training room

**\*Prizes for participation!\***  
**\*Eligible for Wellness Incentives!\***

#### WELLNESS WEBINARS W/NURSE DEBBIE:

- 8/13 – Wednesday – 12:00 – 1:00 PM:

#### “Are You Getting Enough Sleep?”

1 in 3 adults don’t regularly get the recommended amount of uninterrupted sleep they need to protect their health. Learn about some of the health benefits associated with getting enough ZZ’s and explore ways to get a good night’s sleep!

- 8/20 – Wednesday – 12:00 – 1:00 PM:

#### “Health Insurance – 101”

Improve how you leverage your health insurance benefits by learning about:

- Basic health insurance terminology
- Preventive Care vs. Diagnostic Care
- Why to stay in network
- How to use the UHC app and myuhc.com
- How the Wellness Incentives work
- ...and more!



To register visit the [Benefits Calendar | City of Tampa](#), or scan the QR code above.





Save the Date!



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	Hanna 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.



Bringing Lifesaving 3D Mammograms to You

One in 8 women will be diagnosed with breast cancer in their lifetime. Early detection saves lives — get screened.

What you should know about mammograms:

- Women ages 40 and older do not need a prescription or referral for a mammogram. Women ages 35 to 39 do need a prescription from a physician.
- Most major insurance plans are accepted. There is no additional fee for 3D.
- Appointments can be as quick as 10 minutes. (Please complete all forms prior to your appointment at AdventHealthMobileMammography.com.)

Schedule Today

Location City of Tampa - Hanna City Center

2555 E. Hanna Avenue, Tampa, FL

Date Thursday, September 25, 2025

Time 8:30am - 2:30pm

AdventHealthMobileMammography.com 813-601-1925



2025 ANNUAL CITY of TAMPA BENEFITS FAIR



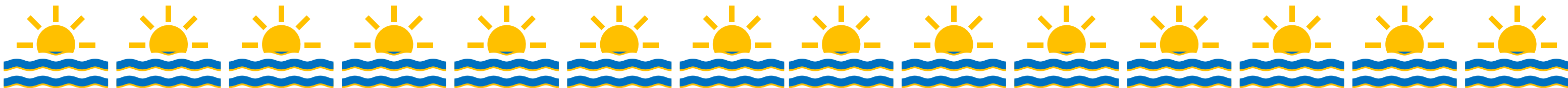
When: Thursday October 30<sup>th</sup>

Where: Hunt Center at Al Lopez Park

What: Vendors, Food, Music, Massage, Awesome Swag, and MORE!

“We do not stop exercising because we grow old – we grow old because we stop exercising.”

– Dr Kenneth Cooper



CHECK THIS OUT: Skin Screening Event!

Aug 21 – Thursday  
Hanna City Center  
2555 E. Hanna Ave.  
7:30 AM – 3:30 PM

Sept 10 – Wednesday  
Lykes Park  
(adjacent to TPD HQ)  
7:30 AM – 3:30 PM

15 – minute appointments for skin screening, lesion removal, prescription needs, and MORE!



Schedule an appointment







Health Management | Quick Care

Compare options, help keep costs down

Getting care at the place that may best fit your condition or situation may save you up to \$2,500 compared to an emergency room (ER) visit.\*

Care options to consider	START HERE Primary care provider (PCP) The provider who may know you best	CareATC THE POWER TO BE WELL	24/7 Virtual Visits A care provider over the phone or by video	Convenience care Nurse practitioners and physician assistants at retail pharmacy clinics	Urgent care Physicians and care teams at walk-in clinics	Emergency room Physicians and care teams at hospital emergency departments
	In-person: \$175 Virtual: \$99 or less**	\$0	\$15	\$100	\$185	\$2,700
Allergies	✓	✓	✓			
Bladder infection/UTI	✓	✓			✓	
Broken bone					✓	✓
Bronchitis	✓	✓	✓		✓	
Chest pain						✓
Cough	✓	✓	✓	✓		
COVID-19 symptoms	✓	✓			✓	
Ears/eye	✓	✓	✓	✓		
Fever	✓	✓	✓			
Flu/common cold	✓	✓	✓	✓		
Migraine/headache	✓	✓	✓			
Muscle ache/spain	✓	✓			✓	
Nitro	✓	✓	✓			
Shortness of breath						✓
Sinus infection	✓	✓	✓			
Skin rash	✓	✓	✓	✓		
Sore throat	✓	✓	✓			
Stomach pain (nausea, vomiting, diarrhea)	✓	✓			✓	
Yeast infection	✓	✓	✓			

✓ Indicates the care option to consider for the common conditions listed

Learn more

Visit [uhc.com/quickcare](https://uhc.com/quickcare)

United Healthcare

Summer brings with it the promise of longer days, fun road trips, and time outdoors. As you make your vacation plans and stock up on sunscreen, you might be wondering:

Can my onsite clinic help with my summer health needs?

Spoiler alert: **Absolutely!** Your CareATC onsite clinic isn't just for flu season or annual checkups—it's your go-to option for staying healthy and enjoying everything summer has to offer.

- Seasonal Allergies  
Travel Vaccines  
And more!
- Bug Bites/Sunburn/Rashes  
Heat Exhaustion and Dehydration

Read the full article here:  
[How Can I Use an Onsite Clinic for My Summer Health Needs?](#)



City of Tampa Hanna Wellness Center  
Meet Your Medical Provider



**Beth Lloyd, MD**  
Beth Lloyd, MD, is a family medicine physician who has been practicing in Florida since 2006. She has a background in sports medicine, research, and primary care, and her work has been published eleven times. Dr. Lloyd completed her internship and residency at Howard University Hospital in Washington, D.C., going on to become a fellow in Primary Care Sports Medicine at the Virginia Sports Medicine Institute in Arlington, VA.

Hanna Wellness Center  
Meet Your Medical Provider



**Cori Crow, FNP**  
Cori Crow is a licensed Nurse Practitioner whose greatest joy as a provider is helping patients achieve and maintain their health so they can feel their best. Her Christian faith and passion for health and wellness guided her decision to pursue a career as a nurse. As an RN, she gained experience working in a long-term acute care hospital, a NeuroTrauma ICU, and a Medical/Coronary care ICU. Now as a Nurse Practitioner, she sees patients for acute illnesses, chronic disease management, mental health, weight management, nutrition, and more. Outside of work, she enjoys gardening, landscaping her yard, and spending time with her family on hikes and at the beach. She completed her degree at Walden University in Minneapolis, MN.

**City of Tampa Hanna Wellness Center**  
2555 E Hanna Ave, Ste 106, Tampa, FL

**Clinic Hours**  
Mon - Fri 8am - 5pm

Three easy ways to schedule an appointment:  
813.550.0634 | [www.careatc.com/patients](https://www.careatc.com/patients) | CareATC app

CareATC THE POWER TO BE WELL

Show Me The App!

August Celebrations!	
August 1	National Water Balloon Day
August 3	National Friendship Day
August 9	National Bowling Day
August 12	National Middle Child Day
August 16	World Honeybee Day
August 18	World Never-Give-Up Day
August 24	National Waffle Day