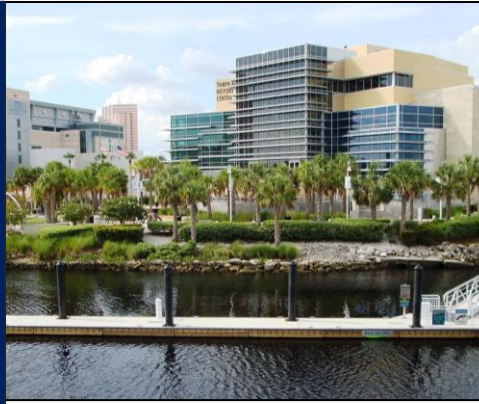


City of Tampa Healthy Heartbeat

January 2026

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NEW in 2026!
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Ways to Earn!
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Health and wellness
newsletter for City of
Tampa employees
and families, and
retirees.



Happy New Year!

January's health observances are Preventive Care, Cervical Health and Wintertime Safety. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Preventive care checklist: common tests & screenings for your age](#)
- [How to find a primary care doctor](#)
- [Understanding cervical cancer](#)

LET'S CELEBRATE!

- 1/1** Happy New Year!
- 1/3** National Play Outside Day
- 1/9** Law Enforcement
Appreciation
- 1/13** Peach Melba Day
- 1/19** Martin Luther King, Jr. Day
- 1/26** National Bubble Wrap Day
- 1/30** National Fun at Work Day



NEW in 2026!

Wellness Incentives Overview

Effective 1/1/26 Rally Engage is changing its name to Optum Engage. If you have already created an account in Rally Engage, you do not need to do anything. Rally will automatically switch over to Optum Engage on January 1, 2026, and you will be able to sign into your Optum Engage account using the same login credentials.

If you have not yet signed into Rally Engage, we invite you to sign in to the new Optum Engage in the New Year, create your account, and accept the terms and conditions so you can start earning!

Here is the 2026 list of activities eligible for earning wellness incentives. Note **you can now earn \$100 for participating in a City-sponsored 5K race!** Plus, you can earn gift cards by logging in to the Optum Engage app during January 2026, and when you max out your \$1000 reward earnings!

Find more details in the [2026 Benefits Guide | City of Tampa](#)

Incentive	Reward
Rally Health Survey	\$100
Complete 1 of the following cancer screenings/exams: Colon, Breast, Cervical, Annual Physical, Prenatal or PSA	\$200
Biometric Screening (On-site, MD Form)	\$200
Tobacco Free Attestation	\$200
Real Appeal (Complete 9 Sessions)	\$200
Engage with Health Coach for three sessions	\$200
Complete or attest to completing Annual Dental Exam	\$100
Complete or attest to completing Annual Vision Exam	\$100
Virtual Visit through UnitedHealthcare	\$100
Complete Three Rally Missions	\$100
Attend a Wellness Onsite Class or Webinar (Repeatable Quarterly)	\$100 per quarter/maximum \$400
Attest to completing a City sponsored 5k race	\$100 New Incentive in 2026
Receive or Attest to receiving your Flu Shot	\$50
Complete a City of Tampa Rally Walking Challenge (Repeatable Quarterly)	\$100 per quarter/maximum \$400
Receive or Attest to receiving your COVID-19 Booster	\$50



**Win
Gift Cards!**

Log in to the Optum Engage app during January 2026 – win a \$25 eGift card!

Max out your \$1000 rewards – win another \$25 eGift card!

New year, new name

Rally Engage will change to Optum Engage in 2026. It's the same program with the same app and great benefits as last year – we just changed the name. | <https://www.optumengage.com/landing/client/cityoftamp>

Earning rewards is still easy



Get a snapshot of your current health by taking the health survey



Select personalized health focus areas



Earn rewards for completing healthy activities



January Wellness Incentives: Ways to Earn!

Wellness Incentive Videos:



Videos on-demand are located here:
[Wellness Incentive and Health Coach Videos | City of Tampa](#)

Earn \$100 for watching a wellness video every quarter – that's \$400 over the year! *

- Watch as many videos as often as you like; however, you will receive **one \$100 incentive per quarter**.

Your Dedicated United Healthcare Team



Onsite Representative
Savio Crasto
cotonsiterep@uhc.com
Phone: 813-274-8279



Nurse Liaison
Debbie Johns, RN
cotnurse@uhc.com
Phone: 813-482-4856



Health Coach
Stephanie Olstad, BSW
cotcoach@uhc.com
Phone: 813-535-0482

January 2026

New Year, New You! Stretch Breaks w/Coach Stef

Start the New Year strong by putting **YOU** first. These **15-minute stretch breaks** are your chance to reset, recharge, and recommit to your well-being. Boost your strength, stability, and coordination – and enjoy a mental refresh to enhance focus and melt away stress!

Complete 3 stretch break sessions with Coach Stef and you may earn \$200 toward your wellness incentives!

1/5- Monday – 2PM – Hanna City Center – 2555

Hanna Ave – Hanna Square- Outside

1/7 – Wednesday – 2PM – Tampa Municipal Office

Building – Courtyard

1/8 – Thursday – 7AM – Wastewater Collections –

2515 Guy N. Verger Blvd – Courtyard

1/16 - Friday– 2PM – Columbus Municipal Office

Building (CMOB) – 3402 W. Columbus Dr. –

downstairs breakroom

1/21 – Wednesday – 7:30AM – Wastewater AWTP –

Large training room

1/28 – Wednesday – 8:15AM -

Transportation/Stormwater 3804 E 26th Ave – Muster Room

No registration needed – just show up!

- Prizes for all participants (while supplies last)
- Participation counts towards your wellness incentives

Questions? Contact Coach Stef:
COTCoach@UHC.com ; 813-535-0482



Fitness Classes For City of Tampa Employees

Hanna City Center
2555 E. Hanna Ave.
Tampa, FL 33610

- Mondays @ 5:15 – 6:00PM
- Yoga and Strength Training classes on alternating weeks
- Try them both!

Strength Training

Donald Quire – owner of DonQ Fitness – will be your coach:

Hey guys, Donald here! This will be a group exercise class with a personalized feel. We'll start as a group, then break out into individual stations with few brain activities in-between to challenge your mental strength.

You won't want to miss Monday night exercise - see you there!



Yoga

Yoga Instructor Willow Marcotte blends her extensive yoga training with a nursing background, offering a grounded, compassionate approach to movement and mindfulness.

This Yoga Class includes uplifting stretches, mindful breathing, and deep relaxation that will leave you feeling balanced and energized.



**For more ideas visit the City of Tampa
Benefits Calendar!**

[Benefits Calendar | City of Tampa](#)



Virtual Cooking Demo: No Chop Chickpea Salad and Bruschetta Chicken Stuffed Avocados

Tuesday 1/6/26, 12 – 12:45PM

Meeting Registration – Zoom



BayCare Presents: Moments of Health

Presenting an interactive, energizing session designed to help you feel your best throughout the day and throughout 2026. We'll share simple, effective “movement snacks” to break up long stretches of sitting and boost your physical, emotional, and mental well-being. You'll also learn quick “mental snacks” to sharpen focus, reduce stress, and keep you in tip-top shape. Come ready to move, breathe, and recharge!

January 14, 2026, 12 – 12:45PM

Presenter: Jeanmarie Scordino

Register Here



Understanding Preventive Care

What is Preventive Care and what's covered?

When it comes to your health, there's no such thing as starting too early. **Eating whole, nutritious foods, staying active, limiting alcohol, managing stress and getting routine checkups are all part of your preventive care.**

Think of preventive care appointments like car maintenance. You likely bring your car in regularly for an oil check, tire rotation and brake inspection to catch any issues and help keep your car running smoothly for as long as possible. **Preventive care is routine health care that helps you stay on top of your health — and catch anything before it becomes serious.**

What's considered Preventive Care?

Preventive care includes the services you get as part of your routine well exam. Most health plans cover eligible preventive care services, which means you'll pay \$0 out of pocket. Preventive care includes:

- Your annual physical care exam
- Vaccines
- Well-baby and well-childcare
- Recommended cancer tests and screenings at certain ages for breast, colon, prostate, lung and cervical cancer
- Other health screenings for things like osteoporosis and diabetes



Get your Preventive Care Checklist

Wondering what to expect at your appointment? Enter your information to see a checklist of common tests and screenings for your age and gender.

What's not considered Preventive Care?

There are times when certain tests and screenings aren't considered preventive care. Things like **diagnostic care, certain bloodwork and sexually transmitted infection (STI) testing may or may not be considered preventive.**

[CLICK HERE](#) or scan the QR code below for a **personalized list of preventive care services** that you may be due for, based on your age and gender.



Remember: you may receive a \$200 wellness incentive for completing your annual wellness exam or getting a recommended cancer screening!

Suggested health actions for January:

- Schedule your annual wellness exam
- Schedule your cervical cancer screening

Workforce Wellness Team 2025 Holiday Celebration!



**Scenes from the
City of Tampa
Workforce Wellness
Team (WWT) annual
Holiday Luncheon
on 12/12/25 at
Hanna City Center**



**At left: Congratulations to the 2025
WWT Star of the Year award
recipients, Michelle Robinson (T&I)
and Lashonda Green-Buron (WW).**



**Interested in learning
more about the City of
Tampa WWT? Contact
Nurse Debbie or
Health Coach Stef!**



Benefits Spotlight

Do type 2 differently.

When you choose to improve your type 2 diabetes instead of just manage your condition you can work to feel better. You can do it and Level2 is here to help.

level2®

Here's what members experience with **Level2 Specialty Care**:



Insights

With a continuous glucose monitor members see and understand glucose changes.



Care Team

Access to a virtual care team of type 2 diabetes experts helps members build new habits.



Level2 Method

An evidence-based approach to help members work to improve their glucose control.



Access to Level2 is **included** in your health plan at **no additional cost**.

Included with select UHC health plans



Learn more and join at mylevel2.com/care or talk to an expert at 1-844-302-2821 (TTY 711)

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Need a Little Advice?

Employee Assistance Program (EAP) vendors are available 24/7 with just a phone call. EAP services are provided as part of your wellness benefits.

People First EAP Wood & Associates

Hillsborough: (813) 870-0392 –

Pinellas: (727) 576-5164 –

Out-of-Area: (800) 343-4670

www.woodassociates.net

Optum EAP UnitedHealthcare (866) 248-4096

www.Liveandworkwell.com - Access code: Tampa

Bay Care Behavioral Health (800) 878-5470

BayCareEAP@BayCare.org

New York Life EAP (800) 344-9752

www.guidanceresources.com – web ID: NYLGBS

Also: **The Calm Health app** provides tools to help support your mental health and well-being — all at your own pace. Calm Health is included in your health plan and available at no additional cost.



Scan this code to get started

You'll first need to sign in to your account on myuhc.com® or the UnitedHealthcare® app. If you don't have an account, select Register to create one.



Rediscover your passion for health

With OnePass Select®, we're on a mission to make fitness engaging for everyone. One Pass Select can help you reach your fitness goals while finding new passions along the way. Find a routine that's right for you whether you work out at home or at the gym. Choose a membership tier that fits your lifestyle and provides everything you need for whole body health in one easy, affordable plan. You and your eligible family members can get started with One Pass Select today.



Find your fit with One Pass Select



At the gym

Choose from our large nationwide network of gym brands and local fitness studios. Use any gym in the network and create a routine just for you.



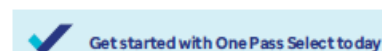
At home

Work out at home with live or on-demand online fitness classes. Try our workout builder to get routines created just for you, no matter what your fitness level and interests are.



In the kitchen

Get groceries and household essentials delivered to your home. We make it easy to plan for everything you need to enjoy delicious, nutritious meals.



To enroll in One Pass Select:

1. Scan QR code below or visit: member.uhc.com/coverage/additional
2. Sign in or register
3. Select the One Pass Select tile

Membership is instant, and you will be charged for the full document calendar month on the day you sign up (One Pass Select does not offer prorated).