

City of Tampa

Healthy Heartbeat

December 2025



Health and wellness
newsletter for City of
Tampa employees and
families, and retirees.

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Happy Holidays!

**We made it – we've successfully arrived at the
end of 2025 to the brink of a bright new 2026!**

This month's wellness topics are **Self-Care for the
Holidays**, and **Financial Well-Being**. Check out
page 2 of the Healthy Heartbeat for some great
resources!

Congratulations to everyone who successfully
navigated through the new **Rally Engage** platform
and earned their Wellness Incentives this year! If
you're still a little unsure about the basics of how the
City's Wellness Incentive Program works, check out
the **short video** here: [Rally Incentives Overview |](#)

[Tampa.gov](#)

As always, your **UHC Onsite Team** and **City of
Tampa Benefits Department** are here to help
with any additional questions.



LET'S CELEBRATE!

12/1 Eat a Red Apple Day

12/3 National Green Bean
Casserole Day

12/14 1st Night of Hanukkah

12/18 Answer the phone like
Buddy the Elf Day

12/21 Winter Solstice

12/22 Hanukkah

12/23 Festivus

12/25 Christmas Day

12/26 First Day of Kwanzaa

12/27 National Fruitcake Day

12/31 New Year's Eve

Your Dedicated United Healthcare Team



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



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



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

December Wellness Activities

Stretch Breaks with Coach Stef

15-minute stretch breaks – boost your strength, stability, and coordination – plus enjoy a mental refresh with improved focus and reduced stress!

- **12/1 - Monday** – 2PM – Hanna City Center – 2555 Hanna Ave – Hanna Square- Outside
- **12/4 - Thursday** – 7AM – Wastewater Collections – 2515 Guy N. Verger Blvd – courtyard
- **12/10- Wednesday** – 10AM – Tampa Municipal Office Building – Courtyard
- **12/11 - Thursday** – 7:30AM – Wastewater AWTP – Lg training room
- **12/18 – Friday** – 8:30AM – Transportation/Stormwater 3804 E 26th Ave – Muster Room
- **12/19 - Friday** – 12:00PM - Solid Waste – 4010 W. Spruce Street - Admin Building
- **12/19 - Friday** – 2PM – Columbus Municipal Office Building (CMOB) – 3402 W. Columbus Dr. - upstairs training room



Videos On-Demand:

- **Healthier Ways for the Holidays**
- **Grief and Loss**



[Wellness Incentive and Health Coach Videos | City of Tampa](#)

Live Cooking Demo: Maki Sushi Rolls and Miso Soup



Wednesday 12/3/25 12PM ET

[Meeting Registration – Zoom](#)

Self-Care Videos:

UAW: Self Care, Invest In Yourself



Discover ways to invest in self care to maximize your health and well-being.

UAW: Healthier Travel



Learn tips on how to stay safe and healthy while traveling!

UAW: Five Fundamentals of Financial Well-Being

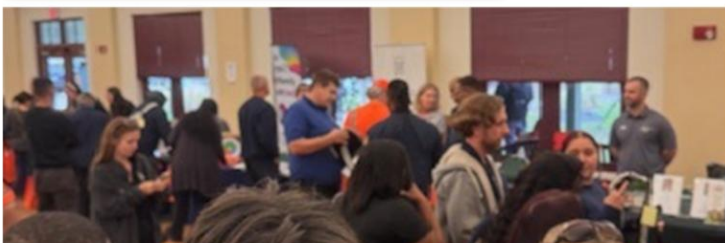
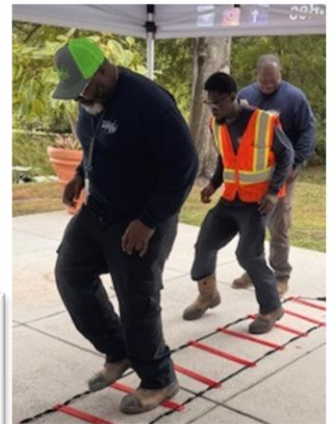


Explore strategies of financial well-being and learn signs of money mismanagement.

Well done getting your Wellness Incentives taken care of on Rally Engage!

You've worked hard all year on that! Now, take a break and enjoy these wellness activities just for fun! You can start earning your incentives again in the New Year - See page 5 for details!

Scenes from the 2025 COT Benefits Fair



2025 Benefits Fair Raffle Prize Winners! 🎉



Looking for a New Year's Resolution?

Hey everybody: meet Mike Oszust from Construction Services at Hanna City Center! Mike is an avid runner and periodically sends us “Healthy Selfies” competing in various events or just keeping in shape running around the City Center complex! In this photo, you can see Mike and Forester Examiner Erin Maeher at the Tarpon Springs Triathlon event where they both competed and ran into each other this past September (*figuratively, not literally*). Mike is interested in coordinating an unofficial “run club” at Hanna. As he puts it, “Just a little healthy motivation to keep people moving.” More than a few folks from Construction and Housing have already gotten into the action! If you’re interested in joining, give Mike a call: 813-307-3980, or email: Mike.Oszust@tampagov.net



(Make sure to check with your healthcare provider before beginning any new exercise routine!)

Need a Little Help With The Holidays?

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.



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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.

New in 2026



Optum



LAUNCHING JANUARY 1, 2026

Optum Engage

A simpler, more connected health experience is on the way.

If you have an active plan, you can continue to use rallyengage.com.

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/cityoftampa>

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



Rally Engage is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Talk to your doctor before significantly increasing your level of activity, particularly if you have a medical condition or have been inactive. Participation in the health survey is voluntary. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. All trademarks are the property of their respective owners.

Sign in and start earning in January 2026 and earn a \$25 gift card!