

City of Tampa

Healthy Heartbeat

November 2025

In this issue:

- p. 1 – Let's Celebrate!
- p. 2 – Open Enrollment – Are You Ready?
- p. 3 – Life with Diabetes
- p. 4– Tobacco Cessation Resources
- p. 5 – Earning Wellness Incentives
- p. 6 – More Wellness Events



LET'S CELEBRATE!

- 11/1** Pet Groomer Appreciation Day
- 11/4** Election Day
- 11/5** Healthy Eating Day
- 11/10** National Vanilla Cupcake Day
- 11/11** Veteran's Day!
- 11/14** World Diabetes Day
- 11/27** Thanksgiving



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

November: Diabetes Awareness & The Great American Smokeout

November's Health Awareness topics are Diabetes and Smoking Cessation. This month's newsletter is filled to the brim with great information on these topics, as well as other great health tips, tools, and resources available through your City of Tampa benefits!

Need 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.

Open Enrollment – Are you Ready?

There's so much information out there... and finding exactly what you're looking for can be a challenge. If you're looking for City of Tampa benefits information, check out the **Worksite Wellness | City of Tampa** page on Tampa.gov!



Wellness Incentives:

A one-stop-shop for your wellness incentives questions!



UHC Resources:

Look up contact information for your UHC onsite team!



Monthly Newsletters:

Trying to find that interesting article? See the last 4 monthly wellness newsletters here!



Healthy Eating:

Cooking Demo recordings, healthy recipes, and Real Appeal information!



Health Tips:

Healthy tips and information from United Healthcare on various health topics!



Fitness:

Check out the onsite exercise classes and learn about your One Pass gym membership benefit!



Benefits:

TONS of information here; view your 2026 Benefits Guide, schedule an activity on the Benefits Calendar, and find information on benefits like EAP, Disability, Life, Vision, Dental, and more!

Need to chat with a Benefits Counselor?

Schedule an appointment with a Benefits Counselor: (844) 231-1623, or go online at: www.efpnow.com/cotappointments.

City of Tampa Benefits Dept:

Benefits@Tampagov.net or (813) 274-5757

UHC benefits or Incentives?

Contact Savio Crasto, your onsite rep
COTOnsiteRep@UHC.com or (813) 274-8279

Want a copy of the Benefits Guide?

[2026 Benefits Guide | City of Tampa](#) – download and print.

2026 Open Enrollment!

November 1st – 15th

Find all your benefits information here!





More Resources:

Click the links below to view these helpful UHC videos

- [Understanding Diabetes \(English\)](#)
- [Understanding Diabetes \(Spanish\)](#)
- [Pre-Diabetes](#)
- [Eating With Diabetes](#)

Check out Level 2!

Introducing a new benefit for people managing their Type 2 Diabetes! Watch this informative video and reach out to your UHC Team if you have questions:

[What's the Level2 Method?](#)



Life with Diabetes

Maybe you just felt ‘off’. Maybe you were excessively thirsty or super tired and drained of energy. Maybe your vision was suddenly blurry. Maybe you lost weight without trying. Whatever might have prompted you to seek medical attention, you likely weren’t expecting to hear, “You have diabetes.”

For many people, it may take a little extra support to process the news.

What is diabetes?

If you’re diagnosed with type 1 or type 2 diabetes, your body either can’t make the hormone insulin or doesn’t use the hormone like it should. Without insulin, blood sugar builds up in your blood, making you sick.

How is diabetes diagnosed?

Diagnosing diabetes requires a blood test to evaluate your blood glucose level. Your doctor may order a glucose tolerance test (GTT) or hemoglobin A1C test to confirm the diagnosis.

After your diagnosis, you may feel a range of emotions. Take it day-by-day and give yourself time to digest the information. There will be a learning curve. For more information read the full article here: [Life with a diagnosis of diabetes |](#)

[UnitedHealthcare](#)



TOBACCO CESSATION RESOURCES

From United Healthcare:

- [Video: E-cigarettes and Vaping](#)
- [Video: Living Tobacco Free](#)
- [Health Tip Flier: Living Tobacco Free \(English\)](#)
- [Health Tip Flier: Living Tobacco Free \(Spanish\)](#)

The Tampa Tamp-Out!



Contact Coach Stef to sign up for this 3-session series and get ready to kick the smoking habit!
COTCoach@UHC.com or
(813) 535-0482

* These sessions DO count toward your wellness incentives!

CareATC Wellness Centers:

CareATC offers tobacco cessation support through counseling and Nicotine Replacement Therapy – at no out-of-pocket cost to you!

Call them for information and to schedule an appointment: →

OR use the CareATC mobile app:



Tobacco Free Florida

Tools include (but not limited to):

- Group and 1:1 Coaching; in person and over-the-phone
- Free Nicotine Replacement Therapy (NRT)
- [Cost of Smoking Calculator](#) (this is a must-see!)
- [Contact Us | Tobacco Free Florida](#) OR
Phone: (850) 245-4144 OR
Contact@tobaccofreeflorida.com



AHEC Tobacco Cessation Program

The Florida Area Health Education Centers (AHEC) uses trained Tobacco Cessation Specialists to provide free counseling and support. Programs include:

- Phone Quit
- Group Quit
- Web Quit
- [1-877-848-6696 OR GROUP QUIT CALENDAR - AHEC Network](#)



Himes Wellness Center

4107 N Himes Ave, Ste 101
813.374.2484

Hanna Wellness Center

2555 E Hanna Ave, Ste 106
813.550.0634

Brandon Wellness Center

413 W Robertson Street, Ste A
813.409.2011



Earning Wellness Incentives

Deadline to earn this year: 11/30/25

Stretch Breaks with Health Coach Stef!

- **11/3 - Monday – 2PM – Hanna City Center – 2555 Hanna Ave – Hanna**
- **11/12 - Wednesday – 11:30AM – Tampa Municipal Office Building - Courtyard**
- **11/13 - Thursday - 7AM – Wastewater Collections – 2515 Guy N. Verger Blvd –**
- **11/14 - Friday - 12:00PM - Solid Waste – 4010 W. Spruce Street - Admin Building**
- **11/14 - Friday - 2PM – Columbus Municipal Office Building (CMOB) – 3402 W. Columbus Dr. - upstairs training room**
- **11/20 - Thursday – 7:30AM – Wastewater AWTP – Lg training room**
- **11/21 – Friday – 8:30AM – Transportation/Stormwater 3804 E 26th Ave – Muster Room**

These 15-minute stretch breaks will count towards incentive “**engage w/ UHC health coach (3 sessions),**” No registration required. Prizes will be available for all who participate (while supplies last)

Questions? Coach Stef @ cotcoach@uhc.com or 813-535-0482

Wellness Classes with Nurse Debbie!

Webinars:

Type 2 Diabetes: The Basics

Wed Nov 12, 12 – 1PM

Type 2 Diabetes: Maintaining Control

Wed Nov 19, 12 – 1PM

[Benefits Calendar | City of Tampa](#)



Videos On-Demand:

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

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



*Nurse Deb’s webinars, videos, and on-site classes can earn you \$100 per quarter toward your wellness incentives – **up to \$400 / year!***



More November Wellness Events

These don't all earn incentives, but they're
AWESOME and GOOD FOR YOU!

FLU VACCINES Now available

Earn \$50
incentive



Protect yourself and those around you by getting your free flu vaccine. **Schedule today!**

- Available to employees, spouses, and dependents ages 4+ on the health plan
- While supplies last
- Flu Mist not available

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4107 N Himes Ave, Ste 101, Tampa
☎ 813.374.2484

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☎ 813.550.0634

City of Tampa Brandon Wellness Center
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☎ 813.409.2011

Show Me
The App!

Three easy ways to schedule an appointment:
☑ CareATC app ☑ www.careatc.com/patients ☑ Call direct



“BayCare Presents”

Thinking About Your Thoughts

presented by Brandon DeLiberato, MD

November 11, 2025, 12 pm - 12:45 pm

Explore the cognitive processes behind how children and young adults think and find paths to cultivate healthy self-concepts across different age groups.

Register Here or scan the QR Code above.



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

Virtual Cooking Demo:

Tuesday Nov 4, 12 – 1PM

“Best Farro Salad and Balsamic
Glazed Carrots”

Register: [Benefits Calendar](#) | [City of Tampa](#)

**The first 50 to register receive a
colander bowl with handle!**

It's Back: Self-Care Bingo!

The holidays can be an especially stressful time, so let's do some fun activities that will help you take good care of YOUR self! **Here's how:**

- 1. Get your Bingo Card** Use the Link/QR code below or see your UHC team.
- 2. From Nov 24, 2025 - Jan 9, 2026, complete at least 15 of the activities!**
- 3. Return your completed card** (see instructions on the card!)

The first 500 to return your completed card win a self-care prize!

Use this link or scan the QR code to get your Bingo Card!

2025 Holiday Self-Care Bingo

