

City of Tampa

Healthy Heartbeat

October 2025



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



In this issue:

- p. 1 – Annual Benefits Fair
- p. 2 – Women’s Health
- p. 3 – Onsite PHA Schedule
- p. 4 – Ways to Earn Wellness Incentives
- p. 5 – More Wellness Events!
- p. 6 – Rally Engage How-To



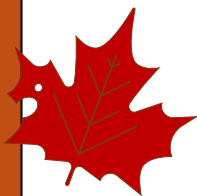
Let’s Celebrate Well-Being!!

City of Tampa Annual Benefits Fair

Thursday October 30th

10AM – 2PM

Hunt Center/Al Lopez Park
4810 N. Himes Ave, 33602



Learn about your benefits, talk to your carriers, connect with local and national wellness vendors, and don’t forget **all the sweet swag!**

What’s in store:

Chair massages | Wellbeing Passport Challenge* | Live DJ | Lunch | and more...!

Mark your calendar!

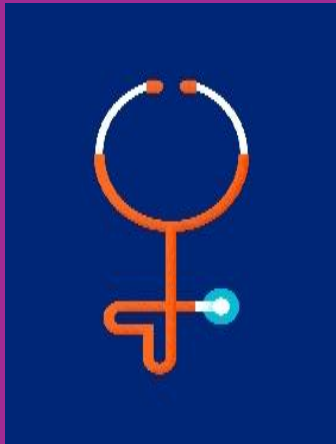


October Celebrations:

- 10/1 National Pumpkin Spice Day
- 10/4 National Play Outside Day
- 10/11 Sausage Pizza Day
- 10/13 Breast Cancer Awareness Day
- 10/22 National Nut Day
- 10/25 National Mother-in-Law Day
- 10/28 National Chocolate Day
- 10/31 Knock-Knock Joke Day



October: Women's Health



October is Women's Health and National Breast Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Women's health](#)
- [Menopause](#)
- [Breast cancer symptoms and treatment](#)
- [Breast cancer screening and diagnosis](#)



Schedule Today

AdventHealthMobileMammography.com
 813-601-1925

Schedule Today

Location
400 N. Franklin Street, Tampa, FL 33602
Date
Time



October Health Actions:

- Schedule your breast cancer screening
- Review your family health history



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

Don't Forget!



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	Hannah 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.

You can also complete your PHA at the Benefits Fair:

Thursday 10/30/25 | 10AM – 2PM | Hunt Center at Al Lopez Park

This is a great way to keep an eye on your health numbers!

Ways to Earn Wellness Incentives:

Webinar: Maintaining a Healthy Immune System

Wednesday 10/10/25, 12:00 – 1:00PM
[Benefits Calendar | City of Tampa](#)



Webinar: Understanding Menopause

Wednesday 10/22/25, 12:00 – 1:00PM
[Benefits Calendar | City of Tampa](#)



Videos On-Demand:

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

New in October:

- Healthy Ways for the Holidays
- Coping with Grief and Loss

Viewing the wellness videos may earn a \$100 incentive each to eligible members. You can earn an incentive by watching a wellness video or attending a Nurse Debbie webinar once per quarter.

Stretch Breaks ^{with} Coach Stef

10/2 – Thursday - 7AM – Wastewater Collections – Assembly Room

10/6- Monday – 2PM – Hanna City Center – Hanna Square- Outside

10/9 - Thursday – 7:30AM – Wastewater AWTP – Training Room

10/10 – Friday - 12:00PM - Solid Waste – Admin Building

10/15 – Wednesday – 10AM – Tampa Municipal Office Building - Courtyard

10/17 – Friday - 2PM – Columbus Municipal Office Building (CMOB) – upstairs training room

****BONUS** – Prizes will be available for all who participate (while supplies last)

****BONUS**- These 15-minute stretch breaks will count towards incentive “engage w/ UHC health coach (3 sessions),” for eligible participants. **Questions?** Reach out to Coach Stef @ cotcoach@uhc.com or 813-535-0482

**City of Tampa
Benefits Calendar:**



**Videos on
Demand:**



**How the
Incentives work:**





October Wellness Events*

(*These do not earn wellness incentives – but they're a lot of FUN!)

Mobile Skin Cancer Screenings: 2 locations!



City of Tampa - Lykes



Tues. October 7th
7:30AM - 3:30PM



400 N. Franklin Street,
Tampa, Florida 33602



City of Tampa - Hanna



Weds. October 8th
7:30AM - 3:30PM



Main Parking Lot



For more information or to book your appointment:

Onspotdermatology.com/cityoftampa

941-444-0011

Or scan the QR code



Fitness classes at Hanna City Center!

Mondays @ 5:15 – 6:00PM | Yoga and Strength Training classes on alternating weeks

Strength Training with Coach Vicc:



Yoga with Willow:



Virtual Cooking Demo: Chili Con Carne & Homemade Chips

Wednesday, 10/1/25, 12PM ET | [Click to register or scan QR code](#)

The first 100 people to register will win a silicone cutting board!



Have You Registered on Rally Engage?

You may be leaving
money on the table



You could be earning money for your HRA or Simple Wellness rewards by completing healthy actions. If you haven't created your Rally Engage account yet, you won't be able to earn your incentive dollars. If you haven't created your account, you must set one up now.

RALLY®

Rally Engage registration made easy with HealthSafe ID® (HSID)

An enhanced, secure way for you to sign into your Rally Engage account from www.rallyengage.com/landing/client/cityoftampa or the Rally Engage app.

Code for City of Tampa
Rally Engage Experience

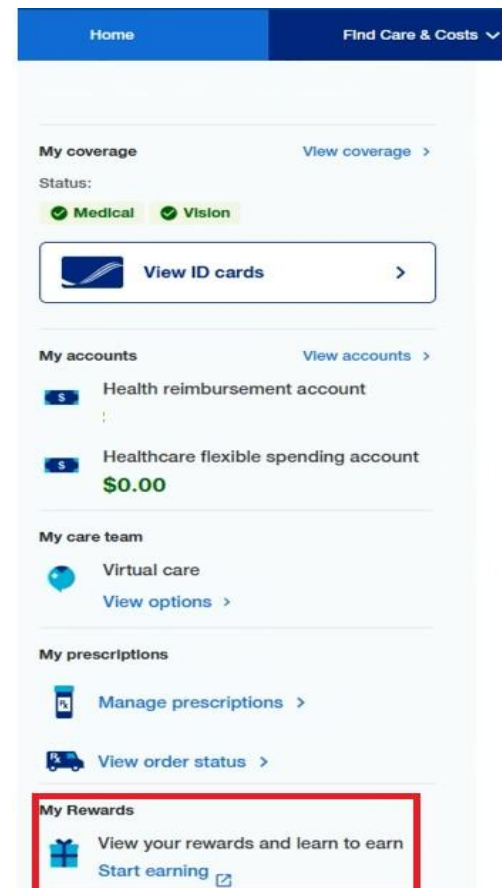


What is a “Healthsafe ID” (HSID)?

Your HSID refers to the password you already use to access your myuhc.com account. If you know your HSID, download the Rally Engage app and sign in using your email and HSID password. **If you have not already created your HSID, check out the instructions below:**

Step 1: go to www.myuhc.com and register. You will be asked to provide information that validates your identity – such as your Employee ID, your health plan member ID, or your SSN. You will also need to confirm your email and phone number to keep your account secure. **The password you create for your myuhc.com account = your “HealthsafeID”.**

Step 2: Once you’ve created your myuhc.com account, from the Home screen, click on “Start Earning” under **My Rewards** (see screenshot). If you use the MyRewards link on MyUHC.com to access Rally Engage, you will be automatically signed in to Rally Engage without having to re-enter your HSID. **You do have to accept all terms and conditions once you are signed into Rally Engage from MyUHC.com and the United Healthcare app.**



Make sure your Rally Engage account is created by Nov. 30, 2025. After that, you'll forfeit any incentive dollars you've earned!

**Need help signing in? Call Rally Engage Support:
1-877-370-1130**

Rally Engage is a voluntary program. The information in Rally is for general informational purposes only and is not intended to be, or should it be, construed as medical advice. Talk to your doctor before significantly increasing your activity level, particularly if you have a medical condition, or if you 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.**