

City of Tampa Healthy Heartbeat February 2026

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

February: National Heart Health and Eye/Vision Health Awareness Month

February's health observances are National Heart Health and Eye/Vision Health Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Heart health](#)
- [DASH eating plan tips](#)
- [Eye health](#)
- [Computer vision Syndrome](#)



Heart Health



DASH



Eye Health



Computer Vision

LET'S CELEBRATE!

- 2/2 Ground Hog Day
- 2/6 2026 Winter Olympics Start
- 2/8 Superbowl Sunday
- 2/14 St. Valentine's Day
- 2/17 Mardi Gras
- 2/20 National Love Your Pet Day
- 2/25 National Clam Chowder Day
- 2/28 National Pancake Day



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



Suggested health actions for February:

- Follow a heart healthy diet (such as the Mediterranean or DASH eating plan)
- Schedule your vision screening (earn \$100 toward your Wellness Incentives!)

Wellness Incentives Overview



Effective 1/1/26 Rally Engage has changed 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**, create your account, and accept the terms and conditions so you can start earning!

Optum Small steps. Big rewards.

Optum Engage gives you meaningful rewards when you work toward achieving your health goals.



Earn an **extra \$25 gift card** when you max out your \$1000 earnings!

Find more details in the **2026 Benefits Guide | City of Tampa**



On your
phone?

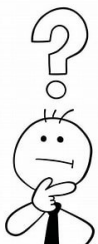


Scan the QR code above to download the Optum Engage app and sign in with your **HealthSafe ID** (*Your Healthsafe ID is the username and password combination you use to sign into all your United Healthcare tools*)



Need a Refresher?

If you're new to the City of Tampa. Or if you just need a refresher on how the Wellness Incentives Program works, check out this short video here: [2026 Wellness Incentives Review](#)



Wellness Incentives Program Overview, 2026

PRESENTED BY DEBBIE JOHNS, RN
UNITED HEALTHCARE NURSE LIAISON



February 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**.

Need Some 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

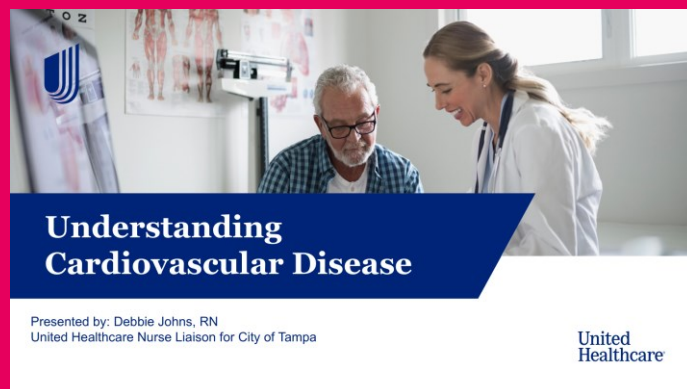
Hillsborough: (813) 870-0392 –
Pinellas: (727) 576-5164 –
Out-of-Area: (800) 343-4670
www.woodassociates.net

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

Wednesday Wellness Webinar:



Wednesday 2/18/26 | 12 – 1PM

[Click Here to Register](#)



Earn \$100 toward your wellness incentives by attending!

The 3/3 Method + Live Cooking Demonstration of Feta Frittata Cups A Wellness Nutrition Session

The **3/3 Method** naturally supports **decreased inflammation and lower sodium intake** while making grocery shopping quicker, more intelligent, and less stressful. It focuses on reading nutrition labels by concentrating on two important numbers:

- Fiber
- Added sugars

Get ready to savor a tasty, premade recipe of high-fiber, and low-carbs with **Feta Frittata Cups**!

A sample will be served during the class!

Thursday, February 26 12:00 PM – 12:45 PM

Location: Tampa Police Building – Downtown
411 N Franklin St, Tampa, FL 33602
6th Floor Breakroom

Scan the QR code to register:



This event counts as one session toward the “Engage with a UHC Health Coach” wellness incentive.

February Fitness Activities: Something for Every Goal!

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.

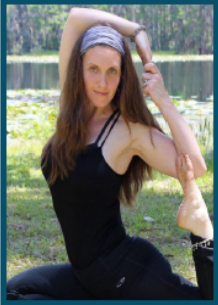
You won't want to miss Monday night exercise - see you there!



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.



No registration needed; these are FREE community events; just show up!
[Community Events - Tampa Downtown Partnership](#)



Fitness in the Park

The Tampa Downtown Partnership hosts free weekly fitness classes in Downtown's Curtis Hixon Waterfront Park.

- Monday: HIIT in the Park at 6PM
- Tuesday: Zumba in the Park at 6PM
- Sunday: Yoga in the Park at 6PM

Coach Stef's Stretch breaks count towards your wellness incentives!!

Optum

Earn \$100 on your wellness incentives!

City of Tampa
Florida



The challenge is on

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 challenge to earn.

Participating in the challenge is easy



Just track your activity with any fitness tracking device.

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

The Wild On Walking begins on 2/1/2026 and ends on 2/28/2026. Make sure to join by 2/28/2026.

Download the Optum Engage app on your phone. It makes logging in and tracking your challenge progress easier.



Wild on Walking Challenge – Instructions to Connect a Device | City of Tampa



NOTE: The WOW challenge will not show on your Optum Engage home page until you officially join the challenge. To join the challenge, go to Explore > scroll down to the Challenges section > find Wild On Walking, select Join Challenge. Once you have joined the challenge, it should appear on your Optum Engage home page.



February 15-Min Stretch Breaks w/Coach Stef!

- 2/2 - Monday – 2PM - Hanna City Center
- 2/4 – Wednesday 7AM – WW Collections
- 2/9 – Monday 10AM – TMOB Courtyard
- 2/12 – Thursday 8:15AM – Transportation/Stormwater
- 2/13 – Friday 12PM – Solid Waste Admin Building
- 2/18 – Wednesday 7:30AM – AWTP Training Room
- 2/20 – Friday 2PM – CMOB Downstairs Breakroom

Roses are red,
schedules are tight,
take 15 minutes to
stretch things right!

No registration needed – just show up!
• Participation Prizes (while supplies last!)
• Counts toward Optum Engage incentives

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

Health Coach's Corner



UHC Heath Coach
Stef Olstad
813-535-0482
COTCoach@UHC.com

Happy 2026 City of Tampa Friends!

It's been such a joy to connect with you this month and hear about your incredible goals for the year. You all inspire me!

One of my personal goals for 2026 is to be more organized. That pursuit led me to a fascinating podcast episode on [Optimizing Your Workspace for Productivity, Focus, and Creativity](#) from *The Huberman Lab*, hosted by Andrew Huberman, a Stanford neurobiology professor. If you have a 30-minute commute, this is a game-changer!

If you check it out, I'd love to hear what changes you make after listening. I've already implemented a few tweaks myself, and they've made a big difference.

Let's Talk Habits

I've heard from many of you that the holidays included a little overindulgence. Guess what? That's okay! We're often our own toughest critics. Instead of beating ourselves up, how about we **kick-start those healthy** choices again?

If you're starting something new, like consistent exercise, here's a coaching technique I love:

The 4 Laws of Behavior Change, from James Clear's book *Atomic Habits*. It's packed with practical strategies to build good habits and break bad ones.

Here's the gist:

- **Make it obvious** – Create clear cues for your brain.
- **Make it attractive** – Associate the habit with something positive.
- **Make it easy** – Reduce friction so it's simple to start.
- **Make it satisfying** – Reward yourself to reinforce the behavior.

For example, if your goal is regular exercise, start by laying out your clothes where you'll see them. Over time, your brain will begin to crave that routine because it feels good to follow through!

Four Laws of Behavior Change

1

Make It Obvious

Cue: Put exercise clothes out the night before or schedule time on your calendar.



2

Make It Attractive

Craving: Seeing the clothes creates a positive association with feeling proud and accomplished.



3

Make It Easy

Response: Exercise when you notice the cue: simplify by having gear ready and choosing a convenient time.



4

Make It Satisfying

Reward: Completing the workout reinforces the habit with feelings of accomplishment and well-being.



What's one habit you're working on this year? Drop me a note – I'd love to cheer you on!



More Wellness Events*

*these don't earn incentives

And UHC Tools Spotlight

Virtual Cooking Demo: Ginger Lime Chicken and Mushroom Soup with Noodles

Wednesday 2/4/26, 12 – 12:45PM

Meeting Registration – Zoom



BayCare Presents: AFib 101: Taking Charge of Your Heart Rhythm

Discover what really happens when the heart's rhythm goes offbeat. Dive into what atrial fibrillation is, why it's more common than you think, how it's detected, and the steps—both medical and lifestyle—that can help you stay in control.

Presenter: Charl Khalil, MD
February 19, 2026 | 12-12:45 pm
Scan QR Code to Register



Atrial fibrillation



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

Benefits Calendar | City of Tampa



Mind. Body. You. Make the Connection with Calm Health

The Calm Health app provides programs and tools to help support your mental health and well-being – all at your own pace. As a United Healthcare member, Calm Health is included in your health plan, and available at no additional cost.

Resources to help support your mental health

To help tailor your Calm Health experience, you'll begin with a short mental health screening. Then, Calm Health will suggest certain programs for you to consider based on where you are in your well-being journey.

Tap into tools and support

The Calm Health app brings you a library of support – including mindfulness content and programs created by psychologists – for a variety of health experiences and life stages. This information is designed to help you:

- **Learn techniques to improve well-being** – Find tools, music and sounds to help you meditate, improve focus, move mindfully and feel calm
- **Work toward goals** – Join self-guided self-care programs, and track your progress along the way
- **Support your mind and body** – Access mental health information and support to help you strengthen the mind-body connection

**Scan this code to get started
or visit myuhc.com/calm**

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



**Go digital, get more out of
your health plan benefits**



Digital tools to keep you connected

Your personalized digital tools – the UnitedHealthcare app and myuhc.com – give you access to resources designed to help you:

- View benefit info, claim details and account balances
- Find in-network healthcare providers
- Access your health plan ID and add plan details to your smartphone digital wallet
- Learn about covered preventive care
- Compare cost estimates before you get care, to help you save money

Register once to access both tools:

Start by opening the United Healthcare app or going to myuhc.com:

- Tap Register Now on the app, or Register on website
- Fill in required fields and create your username and password
- Enter your contact info, select SMS text or phone call for 2-factor authentication – then agree to the terms and conditions
- Opt in to paperless delivery for your communication preference

Now you're registered – you'll be able to manage your plan all year long!

Get connected



Scan this code
to download the
UnitedHealthcare app
or visit myuhc.com