

# City of Tampa Healthy Heartbeat



August 2024



## Sleep For health

August is Sleep Awareness Month – check out this article from United Healthcare to learn about how you can Sleep For Health....

### How many hours of sleep do you need?

Is getting 5 or 6 hours of sleep per night enough? It's a question that's worth learning about — nearly 35 percent of adults get less than the recommended 7+ hours per night. And there are many facts that support increasing that number.

Sleep affects every aspect of your waking life. It is essential to your overall well-being. Poor quality and insufficient sleep has short-term and long-term consequences

In the short-term, poor sleep may result in loss of attention span, poor decision-making, fatigue and irritability. The long-term implications, which are more compelling, include an increased risk for obesity, diabetes, high blood pressure, heart disease and stroke, and depression.

### Why get 7-9 hours of sleep each night?

It helps maintain brain function  
It helps reduce your risk for disease

It helps improve your emotional health  
It helps improve daytime performance and safety

[CLICK HERE](#) to read about tips for sleeping better.

Also, check out this month's Wellness Webinar, "Are You Getting Enough Sleep?" – (See the registration link to the right →)



**Need help falling asleep? Check out Coach Stef's video of relaxing breathing exercises by visiting the [Worksite Wellness Page](#) or scanning the QR code:**



## Who Should Be Screened for Skin Cancer?

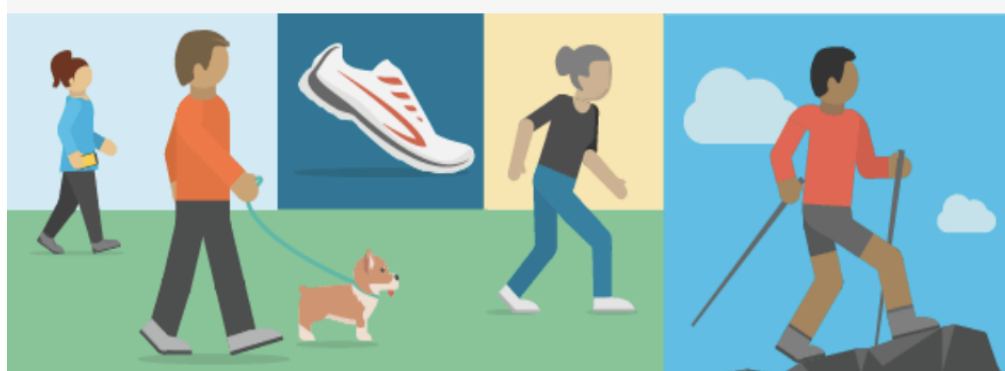
Skin cancer is the most common cancer in the U.S. Each year, more than 6 million adults are treated for skin cancer, according to the Centers for Disease Control and Prevention.

Dr. Collin Costello, a Mayo Clinic dermatologist, says anyone can get skin cancer, but some people are at higher risk. So how often should you be screened?

[Click here](#) to read the full article from the Mayo Clinic.



RALLY



Lace Up for a  
Fun Challenge

### It's that time again!

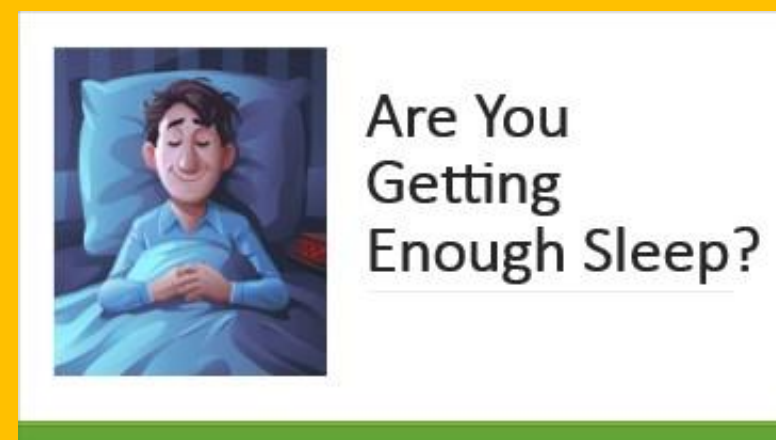
It's the quarterly **Wild On Walking challenge** in Rally where you can earn \$200 toward your Wellness Incentives, *just by walking!*

This challenge runs **August 1<sup>st</sup> – August 31<sup>st</sup>**. Sign on to your Rally account today and sync up your fitness tracker!

[www.werally.com](http://www.werally.com)

## August Wellness Webinars

**Are You Getting Enough Sleep?**  
Wed, Aug 14, 2024, 12 - 1pm



**Did you know** an estimated 1 in 3 adults in the U.S. do not regularly get the recommended amount of uninterrupted sleep they need to protect their health? How well we sleep is every bit as important as diet and exercise for good physical, cognitive, and even emotional health.

People who attend this presentation will:

- Understand some of the health risks associated with poor sleep
- Explore ways to get a better night's sleep
- Identify resources that can help you work toward better sleep

To register [Click Here](#) or scan the QR code below



**Understanding Diabetes: The Basics**  
Wed, Aug 28, 2024, 12 - 1pm



This presentation focuses on helping you attain a basic understanding of Pre-Diabetes and Type 2 Diabetes. After attending today's webinar, you will be able to:

- Understand what happens in our body if we develop diabetes
- Discuss different ways to prevent and manage diabetes
- Identify action steps – lifestyle habits, etc. – that can reduce our risk for developing diabetes, or minimize the adverse effects of diabetes

To register [Click Here](#) or scan the QR code below.



## DISFRUTE DEL VERANO CON INTELIGENCIA.

¡Ponte protector solar, toma agua y mantente sano con una visita a CareATC hoy mismo!



CareATC  
EL PODER DE ESTAR BIEN

Muéstrame El App!



### Spotlight: CareATC

#### DID YOU KNOW...

The City of Tampa Wellness Centers, operated by CareATC, are available to employees, Non-Medicare, retirees and their dependents enrolled in the City's Group Medical Plan. The centers are managed by physicians and staff who provide easy and **cost-free** access to the highest quality medical services

Come to the Wellness Center for your Primary Healthcare needs including: • Allergies • Ear Pain • Flu • Asthma • Congestion • Diabetes • Cold & Sinus • High Cholesterol • Physicals • Headache • Congestion • Lab Work • Sore Throat • High Blood Pressure • Tobacco Cessation

CareATC has **3 convenient locations** to choose from: the Himes clinic across from the Buc's Stadium, the Brandon clinic off Hwy 60, and their newest location on the first floor of the Hanna City Center building. To schedule your appointment call **(813) 559-0559** or visit CareATC's patient portal at [www.careatc.com](http://www.careatc.com) or download the CareATC mobile app.

### Are you remembering to stay hydrated?

There's still time to do the **City of Tampa Summer 2024 Hydration Challenge** **July 22 through August 23**



During this timeframe, pick any random 14 days (doesn't have to be consecutive days) and commit to drinking half your body weight in ounces of water on those days!

For example: if you weigh 200 pounds, drink 100 ounces of water (roughly a gallon).

Once you've completed the challenge, scan this QR code to let us know.



**The 1st 100 people to complete the challenge will win a free City of Tampa stainless steel water bottle!**

## CareATC Provider Profile



**Sergei Popov, DO**

City of Tampa - Himes

### Biography

Dr. Sergei Popov, DO is board certified in Osteopathic Medicine. He received his medical degree from New York College of Osteopathic Medicine. Dr. Popov then completed his residency at Osteopathic Manipulative Medical Clinic. Dr. Popov joined CareATC in 2011.

### Your Dedicated United Healthcare Team



**Nurse Liaison**  
Debbie Johns, RN  
[COTNurse@UHC.Com](mailto:COTNurse@UHC.Com)  
(813) 482-4856



**Health Coach**  
Stef Olstad  
[COTCoach@UHC.Com](mailto:COTCoach@UHC.Com)  
(813) 535-0482



**Onsite Representative**  
Savio Crasto  
[COTOnsiteRep@UHC.Com](mailto:COTOnsiteRep@UHC.Com)  
(813) 274-8279

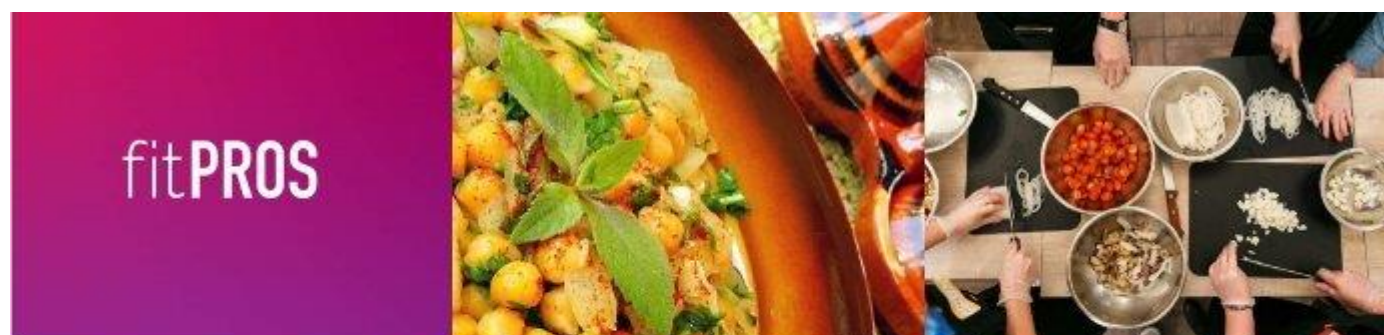
**City of Tampa Benefits Dept:**  
[Benefits@Tampagov.net](mailto:Benefits@Tampagov.net) (813) 274-5757

#### YOUR PRO



**Suzy Destarac**  
WELLBEING INSTRUCTOR

**Session Details:**  
**Wed August 13, 2024**  
**12 – 12:45PM**



A WELLBEING SESSION FOR



**Virtual Cooking Demo: Blackened Fish Taco Bowls and Blueberry Peach Feta Salad**

Are you a big fan of immersive cooking shows? There's something truly delightful about witnessing professionals excel in their culinary expertise. In this virtual team-building session, participants will have the exciting opportunity to watch a live cooking demonstration from the comfort of their own screens and engage with skilled and accredited food experts. Prior to the session, you will receive an ingredients list in advance and have the chance to cook along with your own ingredients. This session is perfect for large groups or individuals who prefer to learn and be entertained from the virtual realm.

[hello@fitpros.com](mailto:hello@fitpros.com) [company/fit-pros-on-location](https://www.linkedin.com/company/fit-pros-on-location)

To register for the monthly Virtual Cooking Demos, visit your [Benefits Calendar](#) | [City of Tampa](#):

The first 50 people to register and attend will win a COT Salad Shaker!

