

City of Tampa Healthy Heartbeat



Health and wellness newsletter for COT Employees and families, and COT Retirees

December 2024

2024 Benefits Fair Prize Winners!



Congratulations!

Your Dedicated United Healthcare Team:

HAPPY
Holidays

from...



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

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

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

Healthier Eating Over the Holidays

Smart Strategies for Pre-Diabetes and T2D

'Tis the season for family, festivity, and food—lots of food. How do you manage diabetes during the holidays when food temptations are just about everywhere? Try these tips to help you stick to your diabetes meal plan this holiday season:

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

HOLIDAY PROOF:

Meet the challenges of holiday gatherings armed with a plan.

- Eat close to your usual times to keep your blood sugar steady. Eat a small snack at your usual mealtime if needed and have a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- Plan your carb choices in advance. For example, if you're going to have a sweet treat, cut back on other carbs like potatoes, bread, or pasta dishes.
- Avoid or limit alcohol. If you do have an alcoholic drink, avoid sugary mixers like juice or soda and eat food.
- Don't forget to check your blood sugar, even in the middle of holiday festivities.

OUTSMART THE BUFFET:

When you face a spread of delicious holiday food, make healthy choices easier:

- Fill at least half your plate with vegetables and leave less room for unhealthy food.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full, so take your time before deciding if you want seconds.
- Remember to drink plenty of water.

NO FOOD IS ON THE "NAUGHTY LIST":

You can still enjoy your favorite holiday treats in moderation.

- Focus on dishes you really love and can't get any other time of year.
- Sometimes there are too many holiday treats to fit into one meal. Instead of overeating, ask your host if you can take a favorite treat home for later.

Read the full article here: [Healthy Eating and the Holidays | Diabetes | CDC](#)



HEALTHY-SELFIE!



Meet Mike Oszust, Construction Services Coordinator with the Development & Growth Management department at the new Hanna City Center! Mike says, "I'm the marathoner always running around Hanna City Center campus during my lunch hour. Since January, he has logged 244 miles (38 hours, 12 minutes) during his lunch breaks! Mike's goal is 300 parking lot miles by end of 2024.

"I enjoy the health benefits and stress relief running gives me, and doing something like running circles in a parking lot also prepares me mentally for running hours on end during a marathon. Also, our new campus is beautiful!"

Way to go, Mike! Thanks for sharing your Healthy Selfie! 😊

Do you have a Healthy Selfie you'd like to share?

Send it in to Nurse Debbie or Coach Stef to be featured in an upcoming newsletter!

Don't Miss This:



30th Annual Tampa Police Memorial Run 5K & 1 Mile Run/Walk

To Register/Information: Use your cell phone camera to scan the QR code.



IN COOPERATION WITH THE CITY OF TAMPA AND GASPARILLA DISTANCE CLASSIC ASSOCIATION:

***SATURDAY, DECEMBER 14, 2024 – LYKES GASLIGHT PARK – RAIN OR SHINE!**
5K USATF CERTIFIED COURSE * CHRONOTRACK B-TAG TIMING
5K START: 8:00 A.M. * 1-MILE FUN RUN/WALK: 9:00 A.M.

**Originally scheduled for Sat, Oct 12th - cancelled due to Hurricane Milton.*

New registrations are currently being accepted for additional participants. Please access the [Race Roster](#) site for the most up-to-date information including registration fees and deadlines.

THANK YOU FOR YOUR CONTINUED SUPPORT
Feel free to access our [Facebook page](#) too!

December Cooking Demo: Orange Chicken & Spring Rolls

Tue, Dec. 10 2024, 12 - 12:45pm

To Register: [Click Here](#) or use your cell phone camera to scan the QR code below.



The first 20 people to register and attend will receive this beautiful glass cutting board!



January 2025 UHC Webinars:



Health Insurance 101 Webinar

WEDNESDAY 1/8/25 12:00 – 1:00 PM

Register for this presentation by clicking [HERE](#) or using your smart phone to scan the QR code.

Participants will:

- Learn how to understand healthcare terminology
- Learn about the City of Tampa Wellness Incentives and Flexible Spending Account
- Learn about the United Healthcare online tools
- Learn about networks and where to go when you need care



Understanding Preventive Care



WEDNESDAY 1/22/25 12:00 – 1:00 PM

Many chronic illnesses, including heart disease, Type 2 Diabetes, and even some cancers are preventable.

Getting the recommended preventive care services may help you start taking steps to help prevent many chronic health conditions.

Register to attend this webinar by clicking [HERE](#) or by using your smart phone camera to scan the QR code.



Eligible City of Tampa employees and spouses who are covered on one of the City's United Healthcare plans may earn **\$100 per quarter** for attending a Wellness Webinar by the UHC Nurse Liaison, "Nurse Debbie".

Questions? COTNurse@UHC.com
(813) 482-4856

Self-Care for the Holidays

By: Coach Stef

Some people refer to the holiday season as "the most wonderful time of the year." Many people treasure this season as a time to gather with loved ones, celebrate together, and honor cherished traditions. For others, however, the holiday season can also bring added stress. [According to this 2023 article by the American Psychological Association](#), 41% of adults experience higher stress levels during the holidays compared with other points in the year.

Throughout the holiday season, it's particularly important to prioritize self-care and seek out ways to manage stress whenever possible. Here's a great article by Calm that offers [16 Self-Care Tips to Manage Holiday Stress](#). The Calm app is known for its guided meditations, sleep stories, and relaxation techniques, and is available for FREE for City of Tampa employees on the city's health plan. To access the Calm app, scan the QR code to the side and use the company access code **Tampa** to create your account. If you need help navigating, feel free to reach out to me or Nurse Debbie for assistance.

