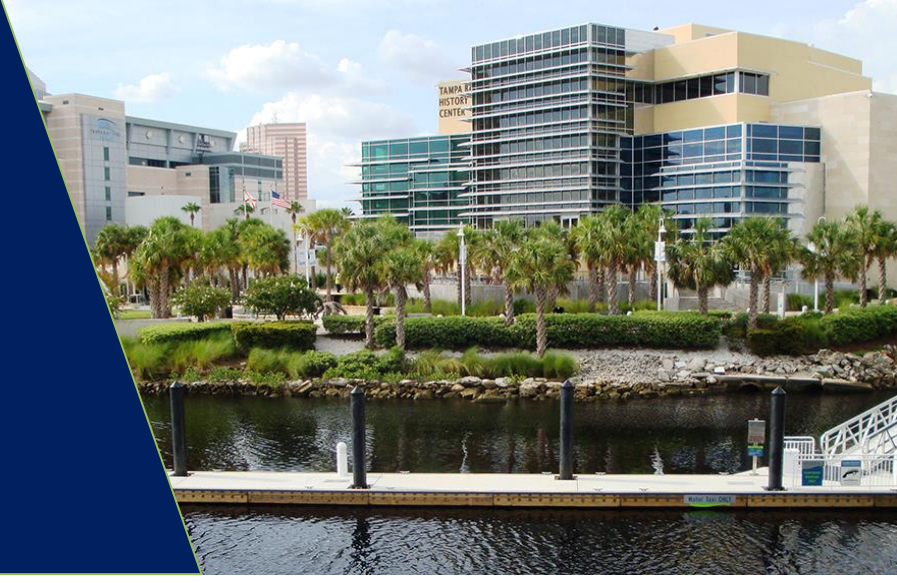


City of Tampa Healthy Heartbeat



July 2024

July UHC Webinar:

July is Summer Safety Awareness Month!

Summertime health is an important part of staying well during the summer season, as this time of year poses different health risks than other months. Specifically, summertime safety includes water, food, and sun, all of which impact our bodies. Follow this link to watch a short video with some easy-peasy guidelines to maximize your fun in the sun: [Summertime Health by UHC](#)

Staying Hydrated for Summer Safety

Water makes up about 60% of our body weight! Every cell, tissue, and organ in our body needs water to function properly. Water supports proper digestion, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps our joints and muscles lubricated, supports healthier and younger-looking skin and helps regulate body temperature.

How Much Water Do We Need?

One general guideline is to drink around half your body weight in ounces of water each day – or more if you are physically active. For example, if you weigh 200lb, you will drink 100 ounces of water.



Summer 2024 Hydration Challenge: July 22 - August 23!

Here's how it works: For a 2-week period (does not have to be consecutive days) during the challenge, you will drink half your body weight in ounces of water! You can use this tracker to mark off each day you're successful:

Check one box for every day you drink half your body weight in ounces in water*.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Does not need to be on consecutive days

Once you meet your goal for 14 days, submit your challenge entry here:

Scan this QR Code



OR click this link

[2024 COT Hydration Challenge](#)

The first 100 people to submit their completed challenge will win an entry prize,

Are you up for the challenge?

Your Dedicated United Healthcare Team



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



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



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

Sun Safety – Prevention & First Aid

Wed, Jul 24, 2024, 12 - 1pm

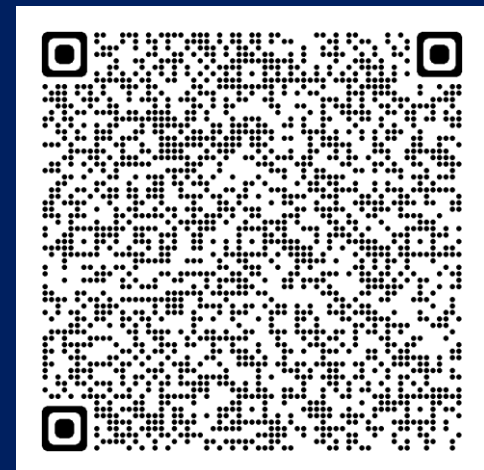


Play it Safe
This Summer!

SUN SAFETY - PREVENTION AND
FIRST AID

- Learn about the health risks associated with sunburn and different heat related illnesses.
- Review some basic prevention and first aid strategies
- Take a quick look at how staying hydrated and practicing good nutrition can help prevent some of these problems.

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



Wellness Incentives Administered by Rally

Incentive	Reward
Rally Health Survey	\$100
Annual Preventive Care: Annual Physical, Cancer Screening (Colon, Breast, Cervical) or Prenatal Exam	\$200
Biometric Screening (PHA) (On-site, MD Form)	\$200
Maternity Support Program	\$200
Tobacco Free Attestation	\$200
Real Appeal (9 sessions)	\$200
Engage with Health Coach for three sessions	\$200
Attest to completing Annual Dental Exam	\$100 New for 2024
Complete or attest to completing Annual Vision Exam	\$100 New for 2024
Virtual Visit through UnitedHealthcare	\$100
Complete Three Rally Missions	\$100
Attends UnitedHealthcare approved Onsite Wellness Class or Webinar (Repeatable Quarterly)	\$100
Complete a City of Tampa Rally Walking Challenge (Repeatable Quarterly)	\$100
Receive or Attest to receiving your Flu Shot	\$50
Receive or Attest to receiving your COVID-19 Vaccination or Booster	\$50

How are you doing with your Wellness Incentives? **What's your plan to earn the full \$1,000 by November 30?** If you have any questions about how the incentive program works, or you'd like some ideas on how to earn, **give your onsite UHC team a call!**

To get started, **download the Rally app** and register – use the mobile code **Tampa.**



Coach's Corner: Stef Olstad, COT Health Coach

Hey City of Tampa,

It's been AWESOME to see some of you at the Bob Sierra YMCA! I teach yoga there on Wednesday evenings at 5:45PM. If you are interested, you can try it for FREE. Just tell the front desk staff that Stef sent you.

The Tampa area YMCAs just got a \$1M+ upgrade on equipment. Be sure to come early and check it out. The YMCA is one of many gyms that is covered by your new **One Pass Select** program. This benefit allows you to have multiple gym memberships for one low cost without any long-term commitments or extra fees. With **One Pass Select**, you also have access to lots of digital content and grocery delivery to your home.

If you have any questions about the **One Pass Select** program, please reach out to Savio, Debbie, or me.

Well-Being Olympics

Looking for some easy, effective healthy habits to start? Use these activity ideas practice good self-care while you watch the 2024 Summer Olympics! You can be an Olympian, too!

MOVE

- Walk around a local park or green space.
- Participate in a fitness class.
- Complete a Rally Fitness Mission.
- Take the stairs.
- Stretch for 10 min.

SLEEP

- Avoid electronics 30 minutes before bed.
- Minimize indoor light an hour before bed.
- Read a book before bed.

CARE

- Do a relaxing hobby
- Do a 2-minute-deep breathing exercise
- Write down 3 things you are grateful for

LEARN

- Visit the UnitedHealthcare app or myuhc.com.
- Complete the Rally Health Survey.
- Participate in a wellness class or seminar

EAT

- Bring a healthy lunch to work.
- Add a fruit or vegetable to a meal.
- Enroll in Real Appeal

fitPROS

YOUR PRO

Suzy Destarac
WELLBEING INSTRUCTOR

Session Details:

Wed July 10, 2024

12 – 12:45PM

A WELLBEING SESSION FOR



Live Cooking Demo: BBQ Chicken or Tofu and Celebration Berry Trifle

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 company/fit-pros-on-location

[To register, click here](#)

...or scan this QR Code

or visit the [Benefits Calendar](#)



...and look!



Healthy for Good™

5 EASY WAYS TO IMPROVE YOUR WELL-BEING AT WORK

Busy days. Endless demands. Distractions everywhere.

Working is filled with many frustrations. But the good news is that there are ways to prioritize your mental and physical well-being during the work day. Even small changes matter and can lead to big improvements. Here are some top tips that you can start today.

- 1 STAY HYDRATED**

When work gets hectic, you may forget about healthy habits like drinking enough water. Use a refillable water bottle to track your intake. Or make a game out of staying hydrated with your coworkers or family members; when someone says "water check," everyone must take a drink.

Why? Drinking enough water has many benefits, including improving brain function.
- 2 FIND TIME FOR LUNCH**

Schedule time for lunch every day. Read that again and then make it happen. If possible, eat away from your work space so you can focus on your meal and enjoy your downtime.

Why? Good nutrition improves physical health and may help decrease stress and anxiety. A lunch break also helps you avoid getting too hungry and then overeating, or snacking mindlessly later.
- 3 MAKE MINUTES MATTER**

Allow breaks throughout the day. Even 5-10 minutes between meetings will give you time to decompress, use the bathroom, stretch your legs or get some fresh air before diving back into work.

Why? Short breaks help you handle stress and recharge your body and mind.
- 4 LIMIT DISTRACTIONS**

Turn your phone on silent when you do not want to be disturbed. Or, find other ways to create fewer interruptions from coworkers or family members. Consider placing a "busy" sign at your work area when you need to concentrate.

Why? Limiting distractions makes you more productive at work and more present at home.
- 5 PRACTICE GRATITUDE**

Celebrate small wins throughout the day. Keep a journal at your workspace where you write down all of your successes. Encourage coworkers to do the same and share something from your lists at the start of your next meeting to highlight progress.

Why? Positive thinking increases your optimism and can improve mental health.

IMPROVING YOUR WELL-BEING AT WORK:

- » Increases concentration and productivity
- » Reduces risks of injury and disease
- » Lowers stress
- » Boosts quality of life
- » Strengthens the immune system

Visit [heart.org/stress](https://www.heart.org/stress) to learn more.

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All the Cooking Demos are recorded!
If you miss a live demonstration,
you can catch the recording here: