

# City of Tampa Healthy Heartbeat Wellness Newsletter



June 2024

## Howdy Y'all!

### ICYMI: here are some scenes from the 5/23/24 **Public Works Employee Appreciation Rodeo 2024** at the **City of Tampa Wastewater Department!**

Take a minute to say **THANK YOU** to these folks for all their great work!



## Self-Care Challenge Winners!

### Congratulations to the winners of the Self-Care Bingo Challenge!

These folks were selected in a random drawing from the total list of participants to receive a fun "Self-Care Kit" with an engraved water bottle, stainless steel reusable straw, a journal and pen set, and some yummy snacks!

- |                        |                      |
|------------------------|----------------------|
| • Jessica Monroig      | • Corey Bann         |
| • Tina DeSouza         | • Kenneth Anthony    |
| • Shevella Walker      | • Jameel Smith       |
| • Lawrence Hollyfield  | • Patrick Bazil      |
| • Norman Morris        | • Yvette Pullara     |
| • Lateca Simmons       | • Jessica Gruber     |
| • Gisela Ortiz         | • Elizabeth Assuncao |
| • Giuliana Headrington | • Melissa Hanks      |
| • Lewis Watson         | • Shannon Carlisle   |
| • Mike Healy           | • Kim Bogush         |
| • Miguel Lara          | • Ronnie Blair       |
| • Mike Rafferty        | • Madelin Victorero  |
|                        | • Renu Gajjar        |

### Thank you to everyone who participated!

Here are some of the things you said you enjoyed the most about this activity:

- Writing a list of 5 positive things about myself
- Taking a walk alone to reflect on positive thoughts
- I like doing things that make me laugh – enjoyed a comedy show at the Straz just for ME!
- We should be doing 5 minutes of deep breathing every day because it can lower blood pressure and heart rate and calm you down.
- Sleep!
- Getting activity in by playing with my grandson!
- I enjoyed relaxing to music
- Enjoyed the meditation workshop
- I did 5 minutes of deep breathing, slept 8 hours, and enjoyed grilled salmon with grits!
- I never drink enough water, so this helped me do better with that
- Had a delicious fish dinner!
- My husband and I have been walking 4-6 miles a day!
- My favorite self-care activity was "Have a piece of 70% dark chocolate and DON'T feel guilty," I checked that square more than once ;)
- I enjoyed hugging someone the most!

### Stay tuned for more fun activities and challenges with your UHC Onsite Team!

## June: National Men's Health Month

Health for men looks a little different compared to women, especially when it comes to risk factors for certain health conditions. Thanks to new advancements in screenings and recommendations, technology is helping prevent certain conditions and is keeping more men healthy longer.

The big challenge is making sure men actually make it to their doctor for the checkups and care they need. In fact, if you're in good health, you may only need to see your doctor once a year for your yearly physical. Lots of important things happen during that time with your doctor, like blood tests, digital rectal exam, blood pressure check and more. Just that one simple visit can help you get and stay on the path to good health.

It's also important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, a greater percentage of men (50%) have higher blood pressure than women (44%).

[CLICK HERE](#) to read a Health Tips sheet for Men's Health. You'll learn about some of the more common health risks men face, suggested screenings and check ups for men, and small changes that may reduce your risk!

Worksite Wellness | City of Tampa

*"Working safely may get old, but  
so do those who practice it."*  
– Author unknown

[Recipe: Summer Salad](#)

### SAFETY TIP:



Tech devices<sup>1</sup>

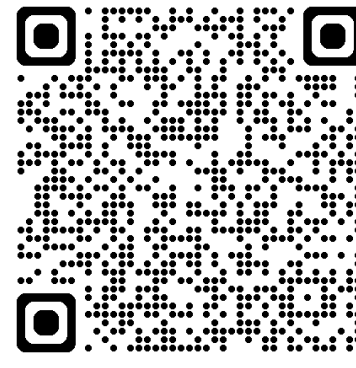
- Sit up when reading or texting
- Keep devices at eye level to decrease neck and back stress
- Use hands-free device when possible

## June: National Safety Month

Here are some resources you might find helpful for this topic:

- **Ergonomics** - Ergonomics is the science of designing a job or job environment to fit the worker with the goal of eliminating discomfort or risk of physical injury. Proper ergonomics may help to reduce or prevent musculoskeletal disorders, which are disorders that affect the muscles, nerves, blood vessels, ligaments and tendons.

Learn more about ergonomics by scanning the QR code to the right.



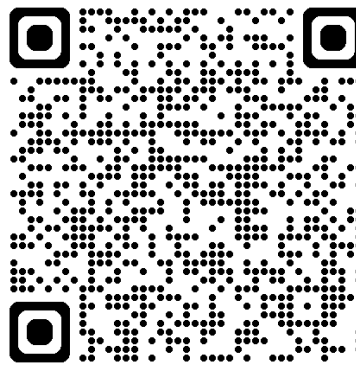
Ergonomics

- **Back Health** - According to the World Health Organization, low back pain can be experienced at any age and is the single leading cause of disability worldwide.

Many back injuries are a result of strain and damage over time, but there are certain motions and risk factors to be aware of:

- Twisting at the waist while lifting or holding a heavy load
- Lifting or carrying objects with awkward or odd shapes
- Using a particular muscle group for long periods of time without relief
- Weak back and abdominal muscles
- Being overweight and inactive

Learn more about caring for your back by scanning the QR code to the right.



Back Health

### About Prostate Cancer:

Did you know prostate cancer is the **second most common cancer among men** in America? It affects **about 1 in 9 men**. Using an everyday example, think about it like this: during a baseball game, any 1 of the 9 players in the field might be diagnosed with prostate cancer.

The prostate is a small, walnut-shaped gland in the male reproductive system that makes fluid to support sperm. And, just like you grow with age, your prostate can grow with you. So, an enlarged prostate is often normal. It's not time to worry until the cells in the prostate gland grow out of control and turn into cancer.

**Early detection is really important** with prostate cancer. Once you turn 50 years old, it's a good idea to ask your doctor about getting routine screenings for prostate cancer. Your doctor may perform a **digital rectal exam** during your yearly physical to check for any irregularities in prostate size and shape. Another test used to screen for prostate cancer is called the **prostate-specific antigen (PSA) blood test**. PSA is a protein found in the prostate. The higher the number of PSA, the more likely there may be cancer. If these tests indicate a possible suspicion for prostate cancer, you may be referred for additional testing, such as an ultrasound, MRI, or biopsy.

The main risk factors for developing prostate cancer include **older age** (diagnosis is most common after age 50), **race** (black men have a greater risk of prostate cancer), **family history** (if you have a relative who has been diagnosed, you may be at higher risk), **diet and obesity**.

If you're close to 50 years old, have a conversation with your doctor about when you should start getting your prostate cancer screenings.

To read the full article: [Prostate cancer symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)



A WELLBEING SESSION FOR



This is a virtual event. During the session, please remember to: (1) Mute your microphone, and (2) There will be an opportunity for live Q&A and time to share questions or reflections in the chat box.

### Cooking Demo: Healthy Fish & Chips & Vegan Key Lime Pie

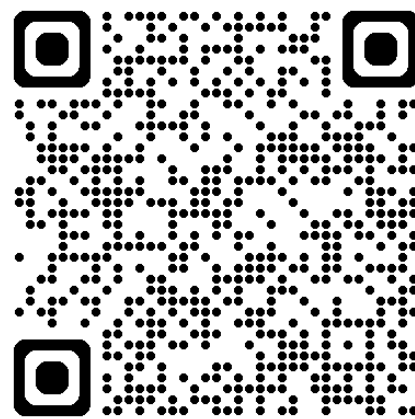
Are you a big fan of immersive cooking shows? There's something truly delightful about witnessing professionals excel in their culinary expertise. In this virtual team-building session, participants will have the exciting opportunity to watch a live cooking demonstration from the comfort of their own 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](#)

#### SESSION DETAILS

**Tuesday, June 11th**  
12:00pm - 12:45pm ET

Register Here



#### YOUR PRO



**Suzy Destarac**  
WELLBEING INSTRUCTOR

Kudos to **Michelle Robinson**, T&I, for the great idea for this month's prize! **This cool oven mitt goes to the 1<sup>st</sup> 100 people who register and attend this cooking demo!**



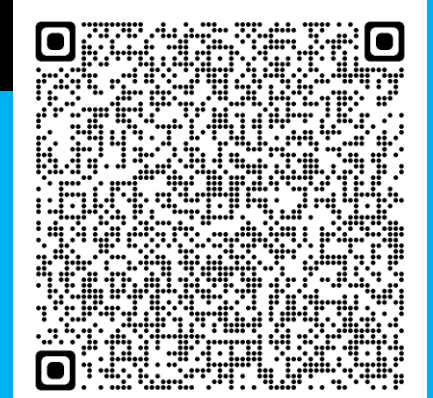
## June 2024 UHC Webinars:

### Men's Health: Information & Resources

Wed, Jun 12 2024 12 - 1pm



To register:  
[Mens Health Webinar](#)  
or scan the QR code:



### The DASH Eating Plan

Wed, Jun 26 2024 12 - 1pm

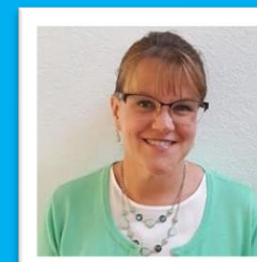


DASH Eating Plan  
DIETARY APPROACHES TO STOP HYPERTENSION

To register:  
[DASH Webinar](#)  
or scan the QR code:



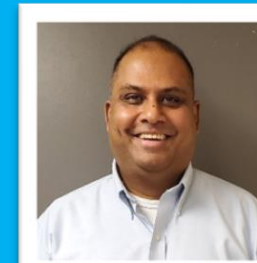
### Your Dedicated United Healthcare Team



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

## Coach's Corner: Positive Mental Health



This month, the onsite team had the pleasure of speaking at the All-Hands meeting at “The Yard” to promote positive mental health. Thank you for the invitation, Director Bhide. Onsite Representative Savio & I enjoyed meeting with the team, and it was an honor to meet Mayor Castor. After sharing a mindfulness exercise and promoting positive mental health, I love how Mayor Castor eloquently reiterated the importance of positive physical and mental health for the City of Tampa.

Over 50 million Americans in the United States are experiencing a mental health illness. This represents 1 in 5 adults (National Alliance on Mental Illness, 2023). One of the main barriers to mental health treatment is cost. The City of Tampa has a robust health insurance program that offers outstanding resources to support mental health.

Here are two important UHC resources that you or your family members might find helpful.

**The Employee Assistance Program (EAP)** is a FREE program through your city health insurance program. This confidential service offers assessments, short-term counseling, and referrals. The referrals can include mental health counseling, legal aide, financial, substance abuse resources, and can assist in locating childcare/eldercare. This program is available 24 hours a day. The EAP is available for employees and other family members within the employees’ household. Use this resource whenever a crisis arises and for general life management questions.

**AbleTo** is also a FREE program through your city health insurance program. It is a virtual therapy program, that also offers behavioral coaching, and on-demand self-care to build resilience and cope with everyday challenges. While working with a therapist or coach, cognitive behavioral therapy (CBT) is used to teach how thoughts, feelings, and actions are connected. Use this confidential service to reach goals from the convenience of home.

Mental illness doesn’t just affect the person, it affects the whole family. I want to share my personal experience with EAP (with my daughter’s permission) to drive home the understanding of how EAP handles that reality. In high school, one of my kids was diagnosed with post-traumatic stress disorder (PTSD). EAP arranged multiple resources for her, including multiple free visits with a therapist (occurrence 1). At the same time, I needed to process my grief of what happened to her. EAP arranged additional multiple free visits with a therapist for me (occurrence 2). If you need mental health support, you receive 3 free visits with a therapist, PER OCCURANCE, for every family member in your household, regardless of whether they are on the health insurance plan.

If you have any questions about these resources or need any additional assistance locating help, please feel free to reach out to Onsite Representative Savio, Nurse Debbie, or me. Your physical & mental health is our top priority!

National Alliance on Mental Illness. (2023). *Mental health by the numbers*. NAMI. <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>

**Optum EAP:**  
1-866-248-4096  
[www.liveandworkwell.com](http://www.liveandworkwell.com)  
Access code: Tampa

**Wood & Associates EAP:**  
1-800-343-4670  
[www.woodassociates.net](http://www.woodassociates.net)

**CareATC Wellness Centers:**  
1-800-993-8244  
[www.careatc.com](http://www.careatc.com)



Health Management | Self Care



Administración de la salud | Self Care

### Say hello to Self Care from AbleTo

On-demand access to self-help for stress and emotional well-being

**Learn more**

Visit [ableto.com/begin](http://ableto.com/begin) > Have your health plan ID handy

### Le presentamos Self Care de AbleTo

Acceso a pedido a herramientas de autoayuda para el estrés y el bienestar emocional

**Obtenga más información**

Visite [ableto.com/begin](http://ableto.com/begin) > Tenga a mano su ID del plan de salud

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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Support for  
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life

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**para cada día**  
de tu vida



To learn more, scan the QR code or visit [liveandworkwell.com](http://liveandworkwell.com).

To find the right support for you, register with your HealthSafe ID or enter your company access code: TAMPA

**Emotional Wellbeing Solutions is available 24/7 at no cost to you**

This includes referrals, seeing network providers, access to [liveandworkwell.com](http://liveandworkwell.com), and initial consultations with mediators or financial and legal experts.



Para más información, escanea el código QR o visita [liveandworkwell.com](http://liveandworkwell.com).

Para encontrar el apoyo adecuado para ti, regístrate con tu ID de HealthSafe o accede con el código de acceso de tu empresa: TAMPA

24/7 availability | Confidential | No cost to you

Disponibilidad las 24 horas del día los 7 días de la semana | Confidencial | Sin costo para ti