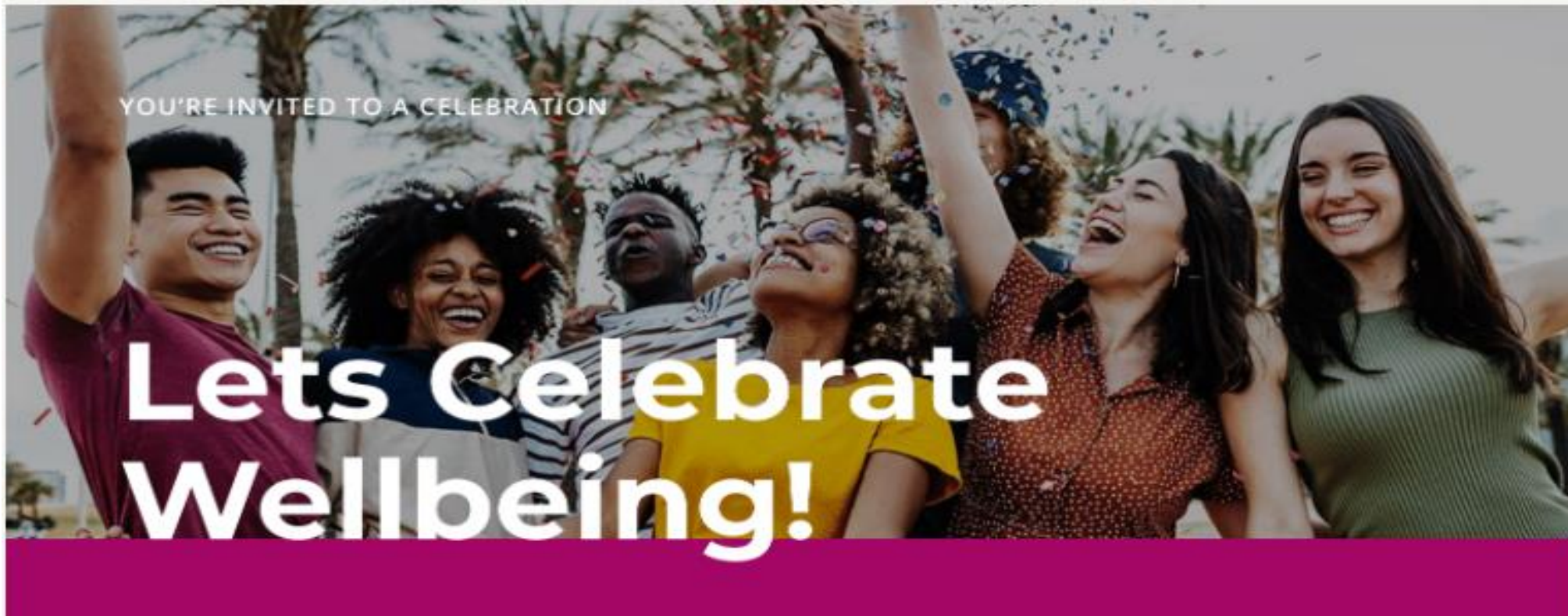


City of Tampa Healthy Heartbeat

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



Save-the-Date for City of Tampa's Health Fair!

Thursday, October 24, 2024
10:00 AM to 2:00 PM

Learn about your benefits, talk to carriers, and connect with local and national wellbeing vendors that encourage healthy living. And don't forget all the sweet swag! Mark your calendars!

HERE'S WHAT'S IN STORE

Chair Massages | Wellbeing Passport Challenge* | Live DJ | Benefit Carriers | Live Cooking Demos | Wellbeing Vendors

Light refreshments will be served at 10:00 AM
Boxed lunch will be served at 12:00 PM

DETAILS

Location:
Hunt Center at Al Lopez Park
4810 N. Himes Avenue
Tampa, FL 33602

Scan the QR code to add this event to your calendar:



Viewing digitally?
Click here: [AddEvent](#)

October 2024

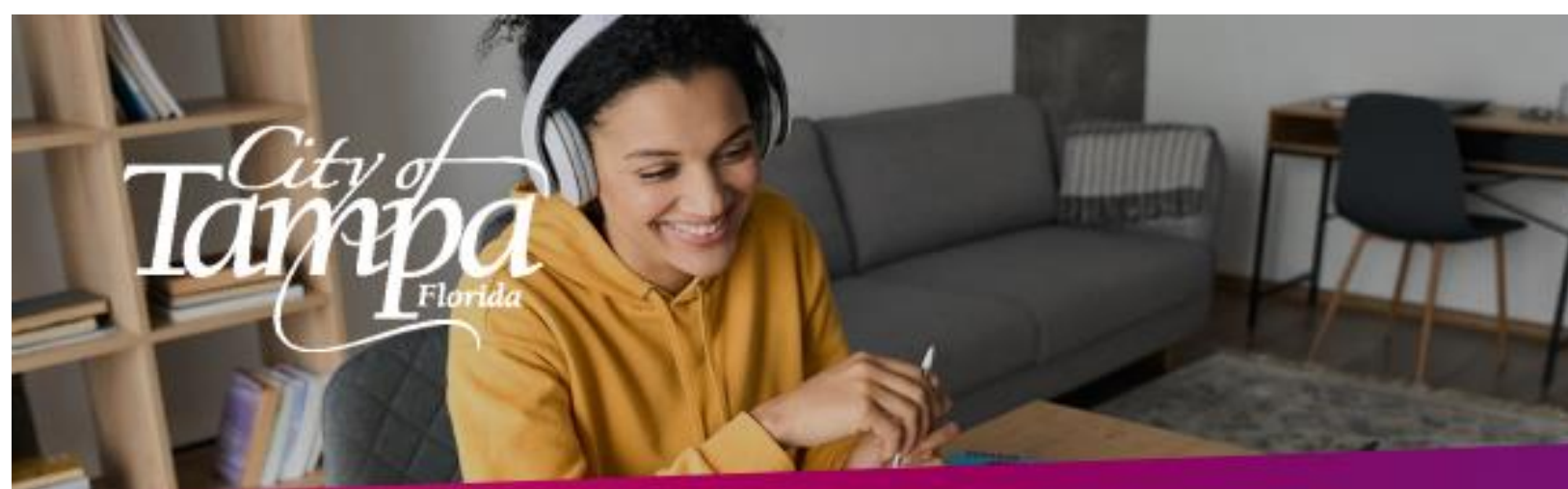
2024 Onsite PHA Events:

View/Register for the
2024 Onsite PHA Events at
[Benefits Calendar | City of Tampa](#)

Meet your UHC Onsite Team Members at the PHA events!

Show us the United Healthcare App on your smart phone and
win a prize!

But Wait... There's **MORE!**



You're Invited to a Virtual Wellbeing Experience!

| October 21st to November 1st

Ready? Set? Let's go! Save-the-date for **City of Tampa's Virtual Health Fair** Not only will you learn about your benefits and talk to your providers, like United Healthcare, Humana, and Nationwide, there's a slew of virtual events and sessions that will bring more wellbeing to your daily life. You'll have Daily Meditations, a Cooking Demo, Vinyasa Yoga, and Tai Chi, just to name a few.

Visit the Virtual Health fair Portal at fitpros.com/City_of_Tampa to register for events and for more information.

Powered by FitPros

Attend the onsite Fair at Al Lopez Park!

Plus, there are also virtual activities you can do online!

2024 FLU SHOTS & PHA SCHEDULE

Date	Time	Location	Address
Monday, October 21	8:00 AM-1:30 PM	Downtown Tampa Police HQ	411 N. Franklin St. 6th Breakroom
Tuesday, October 22	5:00 PM-7:00 PM	Downtown Tampa Police HQ	411 N. Franklin St. 6th Breakroom
Tuesday, October 22	5:30 AM-8:00 AM	Water Distribution/CS Team	3901 E 26th Ave Assembly Room
Tuesday, October 22	5:30 AM-8:00 AM	Solid Waste/Fleet Maintenance/ Public Works	4010 W Spruce Street Solid Waste Yard Building 4, Training Room
Wednesday, October 23	7:00 AM- 11:00 AM	Wastewater Collection Port of Tampa	2515 Guy Verger Blvd Team Assembly Room
Thursday, October 24	10:00 AM-2:00 PM	Benefits Fair	Al Lopez Park 4810 N Himes Ave
Friday, October 25	7:00 AM-11:00 AM	Wastewater/ Treatment Plant	2700 Maritime Blvd Maintenance Bldg Training Room
Friday, October 25	5:30 AM-10:00 AM	Water Distribution/ Operations Team	3901 E 26th Ave Assembly Room
Friday, October 25	7:00 AM-11:00 AM	Lowry Sub-Station	7525 N Boulevard Neighborhood Enhancement Building
Thursday, October 31	8:00 AM-1:30 PM	Hanna City Center	2555 E Hanna Avenue HR Training Room

Virtual Health Fair Portal:





October 2024 UHC Webinars:

From Coach Stef!

Eligible for Wellness Incentives!



Calm Your Mind

Join Health Coach Stef for a 15- minute virtual Mindfulness Break including stretching & breathing to celebrate World Mental Health Day on October 10th at 11AM.

[REGISTER HERE](#)



According to Calm research, 69% of full-time employees say their mental health has gotten worse or stayed the same in the past year (2024 Voice of the Workplace Report, n.d.).

2024 Voice of the Workplace Report. (n.d.). Calm Business <https://business.calm.com/2024-voice-of-the-workplace-report/>

Shop Smarter! Wed, Oct 9, 2024, 12 - 1pm



This fun, interactive presentation will introduce you to some statistics around grocery shopping trends, share some helpful meal planning strategies, and teach you how to navigate the grocery aisles to find healthy food options without breaking your budget!

To register [Webinar registration](#) | Microsoft Teams or scan the QR code



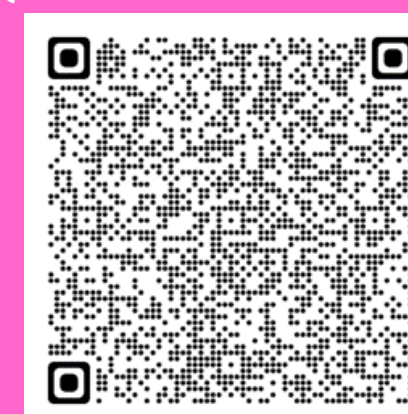
Healthy Aging Wed, Oct 23, 2024, 12 - 1pm



Adopting healthy habits and behaviors – regardless of our age – and learning how to prevent or manage health conditions can go a long way in contributing to a productive and meaningful life.

During this presentation, we'll discuss what it looks like to adopt healthy lifestyle behaviors and learn how to manage our physical and mental health, and how to manage any chronic health conditions we may have. We're also going to look at how to get started creating healthy lifestyle goals and habits.

To register [Webinar registration](#) | Microsoft Teams or scan the QR code



RALLY



Lace Up for a Fun Challenge

Grab your favorite shoes and get ready for a friendly competition with your co-workers. Join the 31-day Wild on Walking challenge on Rally®. It starts on **October 1, 2024** at 12:00 am PT and ends on **October 31, 2024** at 11:59 pm PT.

Ready to earn some bragging rights? Don't miss out! Be sure to register by **October 31, 2024**.

By joining a Challenge, your Rally name will be viewable by all other Challenge participants, along with information about your progress, such as distance traveled.

To join the challenge, sign into your Rally account at www.werally.com, or on the Rally mobile app (mobile code: Tampa)

Eligible participants may earn \$100 toward your COT Wellness Incentives!

Complete the challenge and earn \$100 towards your wellness incentives!



October is Breast Cancer Awareness Month

Our bodies are constantly growing and replacing cells. The cell growth cycle works on autopilot to produce healthy cells, but sometimes certain genes can mutate. If that happens, cells may grow out of control and form a tumor. Those tumors can either be noncancerous or cancerous. If a cancerous tumor grows in breast tissue, it's called breast cancer.

Statistics suggest 1 in 8 women will be diagnosed with breast cancer. Thanks in great part to better screening, early detection and increased awareness, the rates of diagnosis and death due to breast cancer continue to decrease.

Better screening, early detection and increased awareness have all played their part to help bring those numbers down. Thinking about the possibility of getting breast cancer may be concerning, but the more knowledge you have, the better chances you may have for catching potential cancers early and making informed decisions about your health.

To read an informative article on breast cancer, including information about screening and diagnosis, [click here](#).

5 Questions to Ask Before Getting a Mammogram*

A mammogram is an X-ray of the breasts to help make sure your breasts are healthy. These X-rays may pick up signs of breast cancer or other breast conditions that can't be seen or felt.

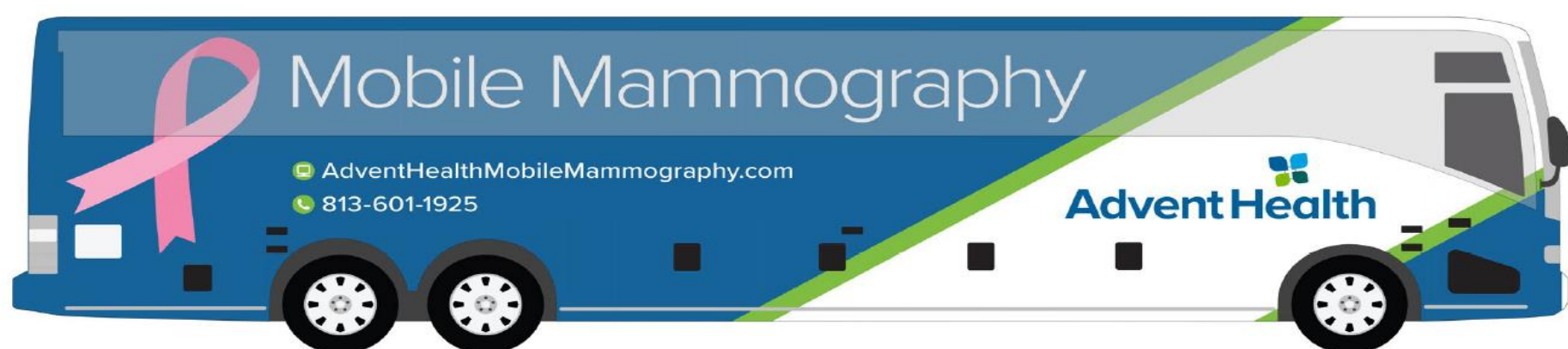
When it comes to preventive health, there may be no such thing as "too early", especially when we're talking about spotting cancer. Talk to your doctor about when you should have a screening mammogram. Whether you're ready to schedule your first mammogram or you're still a few years away, here are 5 questions to start the conversation when you feel ready.

- 1. When do I need a mammogram?**
 - The US Preventive Task Force recommends women between the ages of 40 and 74 should have a screening mammogram every two years.
- 2. Are mammograms safe?**
 - Mammograms involve less radiation than an X-ray. The dose is low enough that the benefits of regular screenings may outweigh any potential radiation-related issues. Talk with your doctor if you have concerns.
- 3. Are mammograms accurate?**
 - Right now, the CDC says that mammograms are the best kind of screening we've got — but they're not perfect. It's good to ask questions along your health journey. Things like, "Could this be a false-positive?", or "Is this treatment really necessary?"
- 4. Will it be painful?**
 - During the screening, your breasts will rest on a platform and have gentle pressure applied. This only lasts a few seconds so the X-ray machine can spread out your breast tissue to get the best images. If you have any discomfort, let the technician know so they may apply less pressure if possible.
- 5. What kind of mammogram do I need?**
 - Depending on your personal health history, your provider may recommend a screening, diagnostic, or 3-D mammogram. Talk to your doctor about which one may be best for you.

To read the full article, [click here](#).

*Eligible UHC members may earn \$200 toward their COT Wellness Incentives by getting a screening mammogram.

FREE SCREENING MAMMOGRAM EVENT:



1 in 8 women will be diagnosed with breast cancer in their lifetime. Early detection saves lives, get screened.

- Women ages 40 and older do not need a prescription or referral for your mammogram. Women ages 35-39 will need a prescription from a physician.
- Most major insurance plans accepted. There is no additional fee for 3D.
- Your appointment can be as quick as 10 minutes. Please complete all forms prior to your appointment at: AdventHealthMobileMammography.com.

Schedule Today

- AdventHealthMobileMammography.com
- 813-601-1925

Schedule Today

Location City of Tampa
400 N. Franklin Street, Tampa, FL 33602

Date Thursday, October 10, 2024

Time 8:30am - 2:30pm



New Mammogram Screening Recommendations



New recommendations from the U.S. Preventative Task Force state that women should now begin screening for breast cancer at age 40, rather than at age 50, as this may save thousands of lives per year.

Recent evidence has shown more women in their 40s are getting breast cancer. The newest recommendation by the U.S. Preventative Task Force state that women who are between the ages of 40 and 74 should have screening mammograms every two years. By starting screening earlier, doctors can detect breast cancers earlier, saving more lives. Talk to your doctor about your personal health history to see which type of screening mammogram is right for you.

For more information, ask your UHC Onsite team for a copy of this flier, or click this link: [Health tip: Mammogram screening recommendations \(uhc.com\)](http://Health tip: Mammogram screening recommendations (uhc.com))





fitPROS



Cooking Demo: Pumpkin Harvest Chili with Southwest Cornbread

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.

Session Details:

Tuesday October 8, 2024
12:00 PM – 12:45PM EST

To register, print the recipe, and view the recorded presentation in case you miss the live demo:

[Click Here](#) or scan below:

YOUR PRO



Suzy Destarac
WELLBEING INSTRUCTOR

A WELLBEING SESSION FOR



The first 50 people to register and attend will win a hand-held mixer/frother!

Your Dedicated United Healthcare Team



Nurse Liaison
Debbie Johns, RN
COTNurse@UHC.Com
(813) 482-4856



Health Coach
Stef Olstad
COTCoach@UHC.Com
(813) 535-0482



Onsite Representative
Savio Crasto
COTOnsiteRep@UHC.Com
(813) 274-8279

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

Coming Soon...



Keep an eye out for details!

Get Your Wellness Incentives!

Don't miss out!

The deadline to get your wellness incentives is **November 30th!** *

City of Tampa employees who are enrolled in the City's health plan, and their eligible spouses/domestic partner, can earn up to \$1000 in wellness incentives each year to help offset some of your medical expenses. Here are some ways you can find more information on how the Wellness Incentives program works...

1. Log on and create your Rally account at www.werally.com or via www.myuhccom > Health & Wellness > Rewards
2. Check out page 19 in your 2024 City of Tampa Benefits Guide | City of Tampa
3. Talk to one of your United Healthcare Onsite Team members!
4. Watch this informative video: [2024 COT Incentives Overview](#) (Click link or scan this QR code) :



*City of Tampa New Hires have 90 days from date of hire to earn their incentives.