

City of Tampa Healthy Heartbeat

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

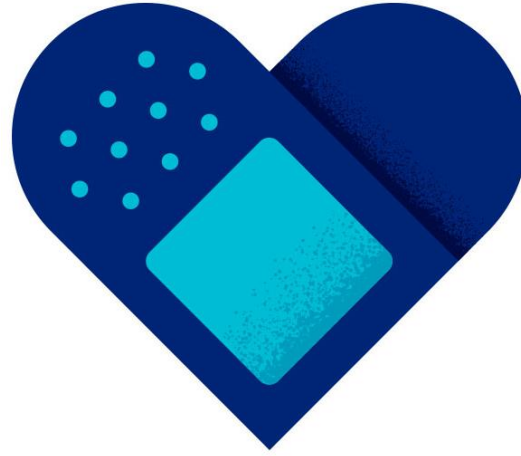


September 2024

September: Immunization Awareness

What's a vaccine?

The topic of vaccines always seems to be relevant — and may sometimes be a subject of misinformation. Before vaccines, infectious diseases like smallpox, polio and measles ran rampant. But thanks to medical advances, there are available vaccines to help protect us. A vaccine is a small dose of germs that's meant to mimic a certain illness. This helps your body remember and recognize that infection and helps create antibodies to fight it off — keeping you healthy.



A vaccine works kind of like its “practice” for your immune system. Each time you get a vaccine, your body may get better and better at fighting off that particular strain of illness. Until one day, your immune system spots that illness and the antibodies go into action. Depending on the illness, you may need a different number of vaccines and timing to prevent illness.

To continue reading and learning about the difference between a vaccine and an immunization, what is “herd immunity”, and what are some common vaccines and when to get them, [click here to read the full article](#).

You can also read here for information on [Childhood Vaccines](#).

September: Obesity Awareness

What is Body Mass Index? (BMI)

Body weight can be a sensitive topic. After all, it's often directly tied to things like body image, self-esteem and mental health. But asking yourself, “How much should I weigh?” can be an important step in taking control of and improving your health. The numbers on the scale don't define you, but they can cause some major health concerns. Read on to learn about body mass index (BMI) and when to see a doctor.



What is BMI and why does it matter?

BMI is your weight in pounds divided by height in inches squared then multiplied by a conversion factor of 703. This measures your body fat relative to how tall you are to help determine possible risk of weight-related health problems, like type 2 diabetes or cardiovascular disease. BMI can be used as a screening tool rather than a diagnostic test. That means it doesn't diagnose body fat or someone's overall health.

Consider your BMI an **indirect indicator that may help determine how healthy your weight is for your unique body size and shape**. If your doctor is concerned with your BMI, they can do follow-up assessments to dive deeper into your health. These assessments can include caliper testing to determine skinfold thickness, as well as evaluations of diet, exercise and family history. Knowing your BMI may help you stay on top of your weight before you start to experience potential health conditions. Think of it as a preventive measure, like any other screening tool.

What's a healthy BMI?

If you've wondered, “Am I overweight?”, a quick BMI check is an easy way to get some answers. To find out whether your BMI is considered healthy, [check out the BMI chart here](#). Think of this chart as a reference for adults 20 years and older — while realizing there are some factors it does not include, like whether you're male or female and your ethnicity. Those factors could change the chart results for you, so if you want more precise information, check in with your doctor.

It's important to remember there's no ideal weight for women or men. Instead, think of weight as **one potential indicator of overall health**, and remember everyone's body is different. Two bodies that look completely different can both be healthy.

[What is Body Mass Index? \(BMI\) | UnitedHealthcare \(uhc.com\)](#)

CareATC Provider Spotlight!

Hanna Wellness Center:

Dr. Sanaz Rykwald, DO - Family Medicine

Dr. Rykwald earned her Doctor of Osteopathic Medicine from the Western University of Health Sciences. She specializes in family medicine with over four years of experience as a resident family medicine physician providing comprehensive, evidence-based quality care to patients from the time they are newborns to geriatric.

Dr. Rykwald enjoys traveling, hiking, baking, and spending time with family!

Hanna Wellness Center — Health Center Hours

2555 E. Hanna Ave, Ste. 106
Tampa, FL 33610

Mon - Fri
8AM - 5PM



Stuff You Might Like!

From the City of Tampa Parks & Rec Dept:
Thursday Night Painting Class

NEW
Beginning Painting Class
Thursday Nights 6:00 p.m. - 9:00 p.m.
\$50 / 5 week Session - materials
Rec Card Required
Please call the studio to register!
Starting September 19th

2024 Hydration Challenge Winners!

Congratulations to everyone who completed the Hydration Challenge! You'll all be receiving a stainless-steel COT water bottle for participating!

5 lucky folks also won the drawing for this beautiful
City of Tampa Igloo Cooler!

Congratulations to the winners:

- Britney Bridgman
- Emily McIntyre
- Ileana Augilar-Desiderio
- Doris Walent
- Tracy Williams



Thanks again for participating!
Stay healthy – and hydrated!

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



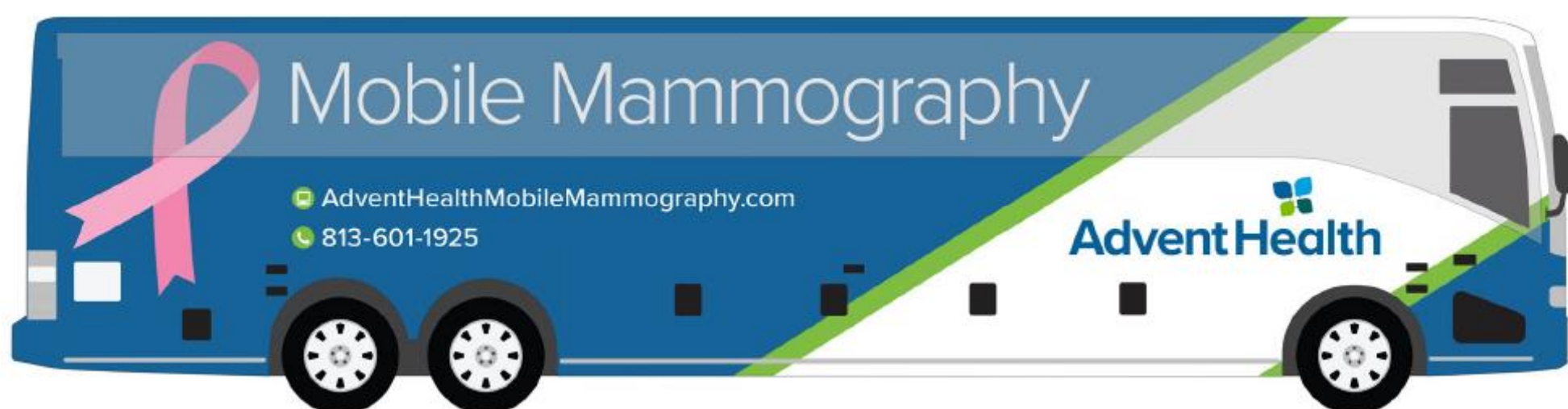
Health Coach
Stephanie Olstad, BSW
Email:
cotcoach@uhc.com
Phone: 813-535-0482



Healthy PET Selfies!!



1. Gary Mays, Mobility/Stormwater Engineering, staying cool with Franklin on the backyard "Slip-n-Slide"! Gary has 35+ years with the City and his wife Jonie (Accounting) and son Scott (TFR) also work for the City.
2. ShirI Harrelson, Accounting, with Hazel Jane! ShirI says Hazel Jane LOVES her bicycle rides, but she's a little chunk-meister so ShirI has to peddle extra hard sometimes!
3. Lexi Rodriguez, Mobility/Stormwater Engineering practicing some healthy mindful relaxation doing embroidery with Elliot.
4. Nurse Debbie's little pup, Beau, taking a quick break after a walk around the block!



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 - Hanna City Center**
2555 E Hanna Avenue, Tampa, FL 33610

Date **Wednesday, September 25, 2024**

Time **8:30am - 2:30pm**

Eligible UHC members may earn \$200 toward your Wellness Incentives!



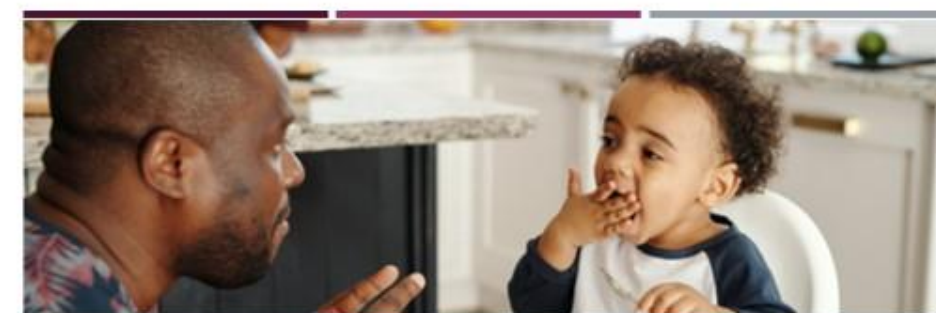
The first 100 to register and attend this event will win A handy Meal Planner!



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

September UHC Webinars:

Understanding Digestive Health Wed, Sep 4, 2024, 12 - 1pm



UNDERSTANDING DIGESTIVE HEALTH

Debbie Johns, RN
City of Tampa Onsite Nurse Liaison, United Healthcare

Did you know: An estimated 15 million people in the U.S. experience abdominal pain, gas, and other digestive symptoms? After watching this presentation, you will:

- Understand more about the anatomy of your digestive system
- Know more about the importance of digestive or "gut" health
- Identify some preventive care strategies to improve your digestive health
- Learn about some of the health and wellness resources available through your health plan for maintaining your digestive health

[Click here to register for Digestive Health Webinar](#) or scan the QR code below.



You could earn \$100 per quarter toward your incentives by attending the UHC Wellness Classes

fitPROS

Virtual Cooking Demo!



A WELLBEING SESSION FOR



YOUR PRO



Suzy Destarac
Wellbeing Instructor

This month's fare:

Wednesday, September 11, 2024
12:00PM – 12:45PM

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 skills 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.

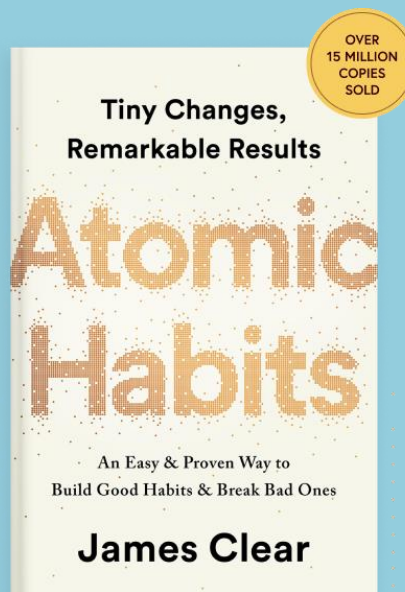
Broccoli and Artichoke Chicken Casserole and Dark Chocolate Cherry Brownies !!!



JOIN HEALTH COACH STEF FOR A FUN LUNCH & LEARN

Using the #1 New York Times bestseller, Atomic Habits, we will break down 5 key evidence-based strategies and learn how to make small changes that will create amazing results. Time management is an important skill that anybody can learn to master. This skill can teach how to prioritize tasks, meet deadlines, and avoid procrastination.

Lunch is provided. This class is eligible for the wellness incentive credit “engage with UHC Health Coach (3 sessions),” for employees and spouses/partners on the City health plan. Our workshop will count as 1 of the 3 sessions, and options for completing the incentive will be provided too. Space is limited.



Register: Atomic Habits @ OCH: Old City Hall on September 20th from 11AM – 12PM

Register: Atomic Habits @ CMOB: Columbus Municipal Office Building on September 24th from 12PM – 1PM



CMOB



OCH

Introducing by

Calm is an app that can help you **tackle stress**, get a good night's **sleep**, and **feel more present** in your life. It's one of the most popular apps worldwide, and it's available to you at **no cost as part of your benefits**.

Ready to get started? To register and download the app, scan the QR code for the Calm registration page and enter the access code, **“tampa”**.



The 2024 Benefits Fair is coming!

When: Thursday October 24th
10A.M. – 2P.M.

Where: Hunt Community Center at
Al Lopez Park:
4810 North Himes Avenue

Meet all your benefits vendors, get your PHA done, help yourself to lunch or breakfast, and pick up some awesome swag!



Help us make health and wellness a priority at the City of Tampa!

Your City of Tampa Benefits Team is working to create a culture of wellness, making health and wellness a priority! We want to hear from you! Your opinion matters, and that's why we're asking for your input on your health and wellness needs and interests.

Please take a moment to complete a brief Employee Group Fitness Classes Survey. This survey is open to all COT employees and will help us better understand your health needs and how we can customize the City's Health & Wellness programs to meet those needs. The survey will remain open until September 9, 2024.

Access the survey from the link above, if you're viewing this electronically. Or scan the QR code with your cell phone camera if you're reading this on paper. Thanks very much!



CHECK IT OUT

There've been some changes to the Tampa.gov website!

www.tampa.gov



Search **“Worksite Wellness”**

View the latest Healthy Heartbeat Wellness Newsletters!

City of Tampa
Healthy Heartbeat



Find info on upcoming wellness events, like the PHA's, Mammogram bus, classes, workshops and more!



2024
FLU SHOTS
& PHA SCHEDULE

Find information on your COT Benefits, your Wellness Incentives program, Healthy Eating and Fitness resources, and SO MUCH MORE!

