



Debbie Johns, RN
cotnurse@uhc.com
(813) 482-4856

YOUR Nurse Liaison can help you with the following:

- Managing chronic health conditions
- Identify medical condition-specific programs
- Help you find a network provider or facility
- Understanding medical terminology/treatment info



Stef Olstad, BSW
cotcoach@uhc.com
(813) 535-0482

YOUR Health Coach can help you with the following:

- Coach you to reach personal and healthy lifestyle goals
- Assist you to understand your modifiable health risks
- Identify and recommend appropriate wellness programs
- Partner with you in your wellness journey



Savio Crasto
cotonsiterep@uhc.com
(813) 274-8279

YOUR Onsite Representative can help you with the following:

- Understanding your health benefits
- Find doctors and providers in your area
- Answer questions about bills and coverage
- Navigating the UHC digital tools/website