

City of Tampa Healthy Heartbeat



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



January 2025



Rally has gotten a refresh! Introducing: "Rally Engage"!

Small steps. Big rewards.

Rally Engage gives you meaningful rewards when you work toward achieving your health goals.



App Coming Soon!

NEW!



Health Management | Calm Health

Mind. Body. You.

Make the connection with Calm Health.



Resources to help support your mental health

To help tailor your Calm Health experience, you'll begin with a short mental health screening. Then, Calm Health will suggest certain programs for you to consider based on where you are in your well-being journey.

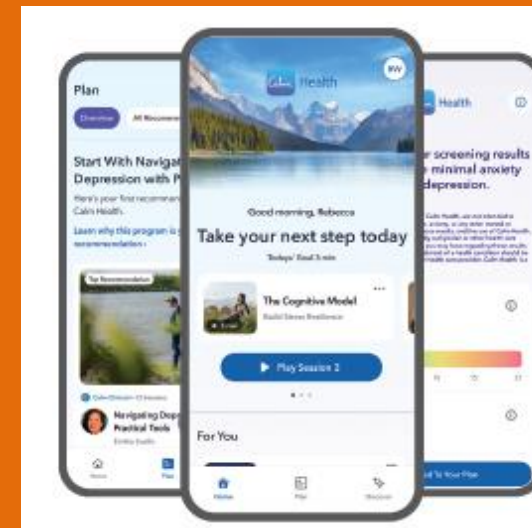
Tap into tools and support

The Calm Health app brings you a library of support – including mindfulness content and programs created by psychologists – for a variety of health experiences and life stages. This information is designed to help you:




- **Learn techniques to improve well-being** - Find tools, music and sounds to help you meditate, improve focus, move mindfully and feel calm
- **Work toward goals** - Join self-guided self-care programs, and track your progress along the way
- **Support your mind and body** - Access mental health information and support to help you strengthen the mind-body connection

The Calm Health

app provides programs and tools to help support your mental health and well-being – all at your own pace. As a United Healthcare member, Calm Health is included in your health plan and available at no additional cost.




Important program change

-  **An all-new app:** You'll experience a fresh app and website design, so achieving your goals is more fun and personalized.
-  **Streamlined login:** You can use your HealthSafeID to log in for easy access to program benefits with a single username and password.
-  **Earn rewards:** You'll still be able to earn your wellness incentives, plus you'll be able to earn points by completing healthy actions to redeem for a variety of reward options.

To get started:


Begin earning your rewards today by visiting the Rally Engage website: www.rallyengage.com.

The **new Rally Engage app will be available soon** on the app stores. In the meantime, you can access the enhanced web site experience by clicking the link above or scanning this QR code and **start completing healthy actions** to earn wellness incentives and Rally points!



Scan this code to get started.

You'll first need to sign into your myuhc.com account or the United Healthcare app. If you don't have an account, select "Register" to create one.



ACT NOW!

Sign in and create your *new Rally Engage* account **between Jan 1 and Jan 31, 2025**, and **win a \$25 gift card!**



Did you participate in the **Maintain, Don't Gain healthy holiday challenge?** Flip over the newsletter to see where to go for your weigh-out!

If your **healthy holiday choices** enabled you of to maintain within 2lbs over your starting weight – or if you've lost weight - you will be entered into the **GRAND PRIZE DRAWING!**

Your Dedicated United Healthcare Team



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January 2025 Maintain, Don't Gain Weigh-Out Schedule

Monday 1/6/25	Tuesday 1/7/25	Wednesday 1/8/25	Thursday 1/9/25	Friday 1/10/25
Water Distribution: 7-1130AM Large Conference Room CMOB: 8AM – 2PM 2 nd Floor Training Room	Transportation/Stormwater: 7-9AM Transportation side muster room TPD-HQ 8-11AM 6 th Floor Breakroom McKay Bay 1-3PM Transfer Station breakroom Himes Wellness Center 1-3PM	AWTP (WW Treatment Plant): 7-11AM Small conference room Hanna Wellness Center 8-10AM & 1-3PM	Lowry Sub-Station: 630-830AM NE/CE conference room WW-Collections 7-9AM Small conference room Brandon Wellness Center: 10AM – 3PM	Solid Waste: 530-730AM Training room TMOB 8-1030AM 3 rd floor breakroom



Unless otherwise indicated, these dates are FINAL!

We will be announcing the winners of the Grand Prize drawing the following week.

UPCOMING EVENTS!



YOUR PRO



Suzy Destarac
WELLBEING INSTRUCTOR

A WELLBEING SESSION FOR



WHEN

Wed, Jan 15 2025,
12 - 12:45pm



Cooking Demo: Pumpkin Harvest Chili with Southwest Cornbread

[Click Here to Register: Pumpkin Harvest Chili with Southwest Cornbread](#)

[Click Here for Recipe](#)

The first 20 people to register and attend will win a kitchen/food scale!

BayCare Presents:

Connecting the Dots: Genetic Counseling for Gynecological Cancer Awareness and Prevention

Wednesday, January 22, 2025, 12:00 pm -12:45 pm

Meaghan Taggett

Explore the role of genetic counselors in supporting individuals and families with personal or family histories of gynecological cancers, such as ovarian and uterine cancer. By the end of the session, you'll understand how genetic counseling can empower families to make informed decisions about cancer prevention and surveillance.

[REGISTER HERE](#)
Or scan the QR code:



NOTE: this does not count toward your incentives, but it sounds interesting!

January 2025 UHC Webinars:

“Health Insurance, 101”
Wed, Jan 8, 2025, 12 - 1pm



Health Insurance 101

Presented by: Debbie Johns, RN
City of Tampa Onsite Nurse Liaison



Does “insurance talk” sound like GREEK to you? Do you avoid going to the doctor because you’re not sure how your insurance works or what it will cover?? Then this webinar is for **YOU!**

- Learn how to understand healthcare terminology
- Learn about the City of Tampa Wellness Incentives and Flexible Spending Account
- Learn about the United Healthcare online tools
- Learn about networks and where to go when you need care

To register:

[CLICK HERE](#)

or scan the QR code



“Understanding Preventive Care”
Wed, Jan 22, 2025, 12 - 1pm



Understanding Preventive Care

Presented by Debbie Johns, RN
City of Tampa Onsite Nurse Liaison



Many chronic illnesses, including heart disease, Type 2 Diabetes, and even some cancers are preventable. Getting the recommended preventive care services may help you start taking steps to help prevent many chronic health conditions.

- Define the meaning of preventive care
- Learn why it’s important to have regular preventive check-ups and screenings
- Identify some risks associated with not getting regular preventive care
- And view some resources where you may access preventive care guidelines and coverage information for you and your family members

To register

[CLICK HERE](#)

or scan the QR code



These webinars count towards your Wellness Incentives!

