

# Announcing the 2024 City of Tampa Rally Health & Well-Being Program



Dear City of Tampa employees:

As we enter 2024, please remember the valuable programs and resources that are available to you through the City of Tampa Rally Health & Wellbeing Program. These programs and resources are intended to help foster physical and mental health.

Additionally, members covered on the UnitedHealthcare medical plan through the City of Tampa will be eligible to earn up to \$1,000 in wellness incentives annually for your HRA if enrolled in the City Plan or Dollar First benefits if enrolled in the Simple Wellness Plan for the 2024 plan year.

We are excited to continue the 2024 City of Tampa Rally Health & Well-Being Program, and we are very pleased to see the City of Tampa continue to take steps to make member's health a priority. The pages that follow include additional information about the program. We invite you to join us in continuing to build a culture of health at the City of Tampa.

Yours in good health,

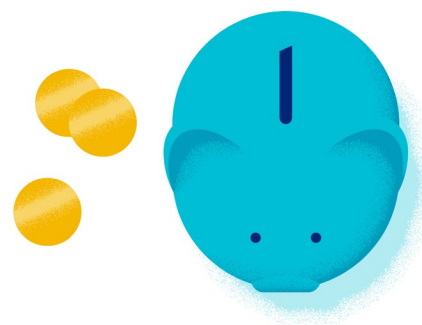
UHC Onsite Wellness Team



# 2024 Incentive Program








Health Action	Incentive
Rally Health Survey	\$100
Annual Preventive Care: Cancer Screening (Colon, Breast, Cervical) or Prenatal Exam	\$200
Biometric Screening (PHA) (Onsite, MD Form)	\$200
Maternity Support Program	\$200
Complete Real Appeal (9 sessions)	\$200
Tobacco-Free Attestation	\$200
Engage with UHC Health Coach (3 sessions)	\$200
Virtual Visit through UHC	\$100
Complete Three Rally Missions	\$100
Attend UHC approved Onsite Wellness Class or Webinar (repeatable quarterly)	\$100
Complete or attest to completing Annual Vision Exam <b>*New for 2024</b>	\$100
Complete or attest to completing Annual Dental Exam <b>*New for 2024</b>	\$100
Complete a City of Tampa Walking Challenge (repeatable quarterly)	\$100
Receive or attest to receiving your Flu Shot	\$50
Receive or attest to receiving your COVID-19 Vaccination or Booster	\$50
<b>Incentive Earning Max</b>	<b>\$1000</b>

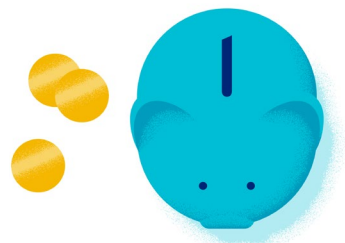


# Programs and Resources



The following programs and resources are available to members covered on the UnitedHealthcare medical plan through the City of Tampa.





Program	Focus	Description & Enrollment Information
 <b>Rally</b>	Healthy Lifestyle	<ul style="list-style-type: none"> <li>Complete the Rally Health Survey first by logging into myuhc.com (click "Health &amp; Wellness" and then "Rewards").</li> <li>After learning your "Rally Score," take small steps to improve your health by completing Rally Missions.</li> <li>Be sure to download the Rally Health app for easier access!</li> </ul>
 <b>Real Appeal</b>	Weight Loss / Management	<ul style="list-style-type: none"> <li>Year-long weight management program with virtual meetings.</li> <li>Members receive a "success kit" at their home with a body weight scale, food scale and balanced portion plate, and on-demand workout videos.</li> <li>Enroll by logging in to myuhc.com and clicking "Health Resources" and then the "Lose Weight with a Coach" tile.</li> </ul>
 <b>UHC Health Coaching</b>	Overall Health & Well-Being	<ul style="list-style-type: none"> <li>Wellness Coaching can show you how to change your behavior and build an action plan tailored for you.</li> <li>Work with a personal coach who can support and encourage you.</li> </ul>
 <b>UHC Nurse Liaison</b>	Chronic Condition Support	<ul style="list-style-type: none"> <li>Chronic condition support.</li> <li>Referrals to condition-specific programs.</li> <li>Medical care guidance and medication compliance support.</li> </ul>
 <b>Virtual Visits</b>	Virtual Health	<ul style="list-style-type: none"> <li>24/7 Virtual Visits provide fast, convenient, on-demand access to care without having to leave home or the workplace. Members have the ability to see and speak with a doctor anywhere, anytime on a mobile device or computer. Doctors are able to diagnose a wide range of nonemergency medical conditions and prescribe medications. If needed, a prescription can be sent to a local pharmacy. No appointment is necessary, a visit usually takes less than 20 minutes and costs \$15.</li> </ul>



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 <b>Self-Care by AbleTo</b>	Meditation and Mindfulness	<ul style="list-style-type: none"> <li>Evidence-based resilience program for those looking to manage day-to-day stress or those who need but are not yet ready to seek treatment or are looking for an adjunct to treatment.</li> <li>Delivers personalized, on demand support that can be accessed anytime, anywhere to help members build resilience with new skills and daily habits.</li> <li>Visit <a href="https://ableto.com/begin">ableto.com/begin</a> to complete registration. Once registered, you can download the mobile app. The Self Care mobile app is compatible with iOS and Android operating systems.</li> </ul>
 <b>Talkspace</b>	Virtual Behavioral Health Therapy	<ul style="list-style-type: none"> <li>Regularly communicate with a therapist (including via texting), safely and securely from your phone or desktop. No office visit required.</li> <li>Register (first visit only) and choose a provider and message anywhere, anytime. Go to <a href="https://talkspace.com/connect">talkspace.com/connect</a>.</li> <li>After you register, download the Talkspace app on your mobile phone.</li> </ul>
 <b>Educational Resources</b>	Overall Health & Well-Being	<p>Access educational information for numerous health &amp; Well-Being topics in a variety of modalities. Resources include:</p> <ul style="list-style-type: none"> <li><a href="https://uhc.com/health-and-wellness">uhc.com/health-and-wellness</a></li> <li><a href="#">United at Work recorded presentations</a></li> </ul>
 <b>Community Resources</b>	Social Determinants of Health	<p>Connect to local programs and services, such as food banks, temporary housing and housing programs, ride share and public transportation services, and financial education, that are available to you at \$0 or reduced cost at <a href="https://uhc.com/communityresources">uhc.com/communityresources</a>.</p>

# Contact Information



Have City of Tampa Rally Well-Being Program questions? Want to connect with your UHC Health Coach, Nurse or Service Representative?



**Stef Olstad, BSW**  
UHC Health  
Engagement Coach



**Debbie Johns, RN**  
UHC Health Engagement  
Nurse



**Savio Crasto**  
UHC Onsite  
Representative

## Contact Information

- UHC Health Engagement Nurse: [COTnurse@uhc.com](mailto:COTnurse@uhc.com) (813-482-4856)
- UHC Health Engagement Coach: [COTcoach@uhc.com](mailto:COTcoach@uhc.com) (813-535-0482)
- Onsite Representative: [COTonsiterep@uhc.com](mailto:COTonsiterep@uhc.com) (813-274-8279)

