

# Live a Healthy Way....

## Call the Nurse Today!



Meet your Onsite Nurse Liaison:

Omar Rosa Lopez BSN, RN

[COTnurse@uhc.com](mailto:COTnurse@uhc.com)

(813)482-4856

YOUR nurse liaison can help you with the following:

- Teach you how to navigate UnitedHealthcare wellness tools and resources
- Motivate and inspire you to adopt a healthier lifestyle
- Assist you in managing chronic conditions
- Identify and recommend medical condition-specific programs
- Assist with finding a physician
- Help choose appropriate medical care and guide you through treatment options

Contact the nurse today to schedule your individual session!

City of Tampa continues its dedication to the health of  
**all our employees and their families**



All information shared with the nurse liaison is strictly confidential and will not be shared with the City of Tampa. The Onsite nurse is not intended to replace your primary care physician.

The nurse is available to employees, retirees and dependents covered under the City's Group health plan.