

2020

Benefits on the Road

Sharing Resources for Your Health



The City of Tampa and UnitedHealthcare (UHC) have teamed up to offer Benefits on the Road.

These sessions are designed to provide general information that will assist employees in understanding their Benefits as well as promote the utilization of the Free Resources available to them.

Additional topics will be presented throughout the year .

Benefits/Wellness Update

PHA Deadline for 2021 Plan Year

September 11, 2020

- Wellness Incentives- Health Passport
- CareATC.com
- Phone: 1-800 993-8244



UnitedHealthcare

OnSite
Resources



Onsite Representative

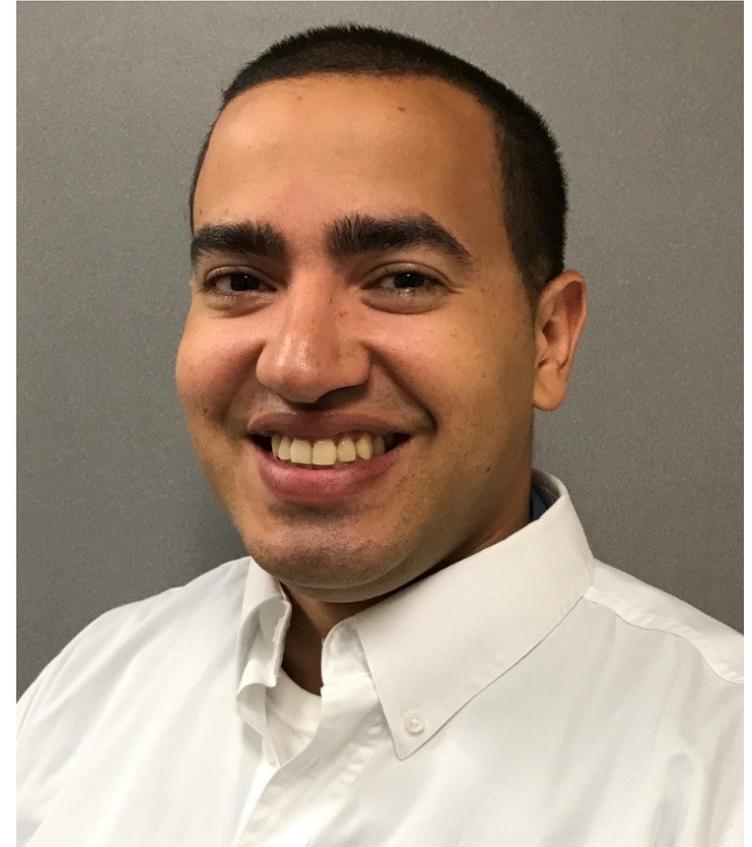
Bryant Roperto

(813) 274-8279

COtonSiteRep@uhc.com

YOUR Onsite Benefits Representative can help you with the following:

- Find a PCP or specialist for a specific condition
- Assist with claims details and claims payment status
- Assist with Flexible Spending Account (FSA) and Health Reimbursement Account (HRA) questions
- Assist you with choosing the right health care setting and providing comparison cost of care
- Management of pharmacy benefits; assist with researching lower cost pharmacy options

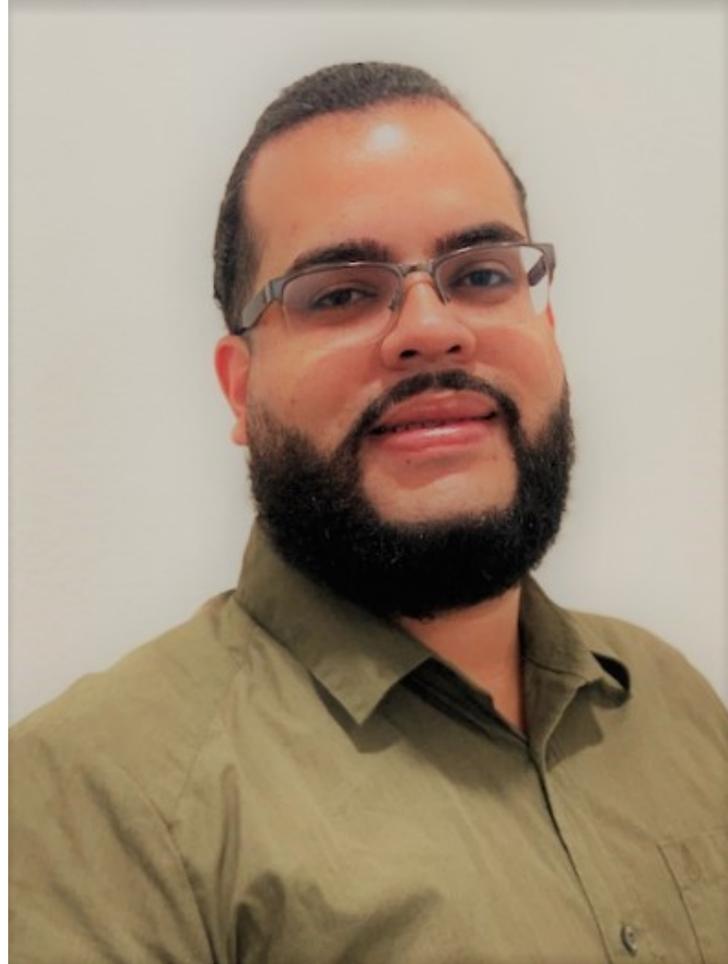


Onsite Nurse Liaison

Omar Rosa Lopez,
MHA, BSN, RN

(813) 482-4856

COTnurse@uhc.com



YOUR Onsite Nurse Liaison can help you with the following:

- Assist you in managing chronic conditions
- Identify and recommend condition-specific programs
- Help you find a network provider or facility
- Help choose appropriate medical care and guide you through treatment options
- Assist you in navigating UnitedHealthcare wellness tools and resources
- Assist you with medication management

Onsite Health Coach

COTcoach@uhc.com

YOUR Onsite Health Coach can help you with the following:

- Acts as liaison: Between insurance company, providers, nurse liaison and the patient
- Encourage members to live healthier lifestyles by teaching the concept of wellness through various health initiatives & resources offered at the City
- Bridges the gap between medical recommendations and patient's abilities to successfully implement those recommendations into their lifestyle using Wellness Resources
- Takes a holistic approach to wellness that goes beyond food & diet - to explore ways a patient can improve their quality of life
- Facilitates health through sustainable behavioral change



VIRTUAL VISITS MEDICAL & MENTAL WELL BEING

To get started:
Sign in at
myuhc.com/virtualvisits;

Download the
UnitedHealthcare app.;

or Call: 1-855-615-8335

*Get care 24/7 using your computer or mobile device - no appointment

Medical \$15 copay

Video chat with a doctor for non-emergency medical conditions such as:

- Allergies Bronchitis Cold/Flu Coughs/Fevers
- Eye infections
- Headaches/migraines
- Sore throats
- Stomach aches
- Skin Rashes & Urinary Infections
- And more

*Certain prescriptions may not be available, and other restrictions may apply

Mental Well Being \$30 copay

Your behavioral health benefit provides access to a network of nearby providers with options for either in-person care or a behavioral virtual visit to help you manage:

- Alcohol and drug use
- Grief and loss
- Compulsive habits and disorders
- Depression, anxiety and stress
- Relationship difficulties
- Medication management

*Get started today by visiting myuhc.com or by calling the number on your ID card.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

COUNSELING, INFORMATION, REFERRALS & SUPPORT

The City of Tampa is pleased to offer its employees two confidential Employee Assistance Programs.

These programs offer you professional assistance in dealing with almost any life issue. From stress or depression to legal or financial issues, EAP can help! Contact the EAP provider for specific details.

Types of issues for which you can obtain support:

Core Services: General counseling for stress, depression, family issues, substance abuse, child care, work life services, educational resources, marriage counseling and elder care resources.

Financial Planning: Resources for investment plans, estate planning, debt reduction, retirement planning, bankruptcy, tax support, college funding, and budget management.

Legal Services: Referrals and discounts for services such as creating or modifying a will, consumer issues, criminal matters, traffic citations, living wills, power of attorney, separation and divorce.

Mediation Referrals: For divorce, child custody, estate settlement, family disputes, real estate matters, financial collections, and contractual disputes.

24 Hour EAP Help Lines

All records are kept confidential in accordance with federal and state laws. Personal records are never shared with your employer or anyone else without your permission.



Real people. Real life. Real solutions.

866-248-4096

Or log on to liveandworkwell.com
Access code: Tampa

Wood & Associates

People First EAP

Hillsborough: 800-343-4670
Pinellas: 727-576-5164
Out-of-Area: 800-343-4670

Or log on to www.PeopleFirstEAP.com

Weight Loss That's Free*

A difference that's real.



Lose Weight with Real Appeal

Real Appeal® is an online weight loss program available to you and eligible family members at no additional cost through your health benefits plan.

With Real Appeal you get:

- A Transformation Coach who leads online group sessions.
- Online tools to help track your food, activity, and weight loss progress.
- A Success Kit with recipes, scales, workout DVDs, and more — shipped right to your door.



A Real Appeal Success Story



Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Get started today at
enroll.realappeal.com



Have your health insurance ID card accessible during enrollment.

*Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.

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REAL
APPEAL

Weight Loss
Program

Question/Answer Session

For additional questions on
your Benefits, contact the
Benefits/Wellness Team:

Phone: (813) 274-5757

e-mail:
benefitsquestions@tampagov.net

