

February/
March
2015

NEWSLETTER OF THE
CITY OF TACOMA
WELLNESS PROGRAM

HealthVine



TACOMA
EMPLOYEE WELLNESS
Growing with Better Health



2015 WELLNESS CREDIT

WAY TO GO! We wanted to give a HUGE congratulations to the City of Tacoma employees who successfully completed their Health Compass by January 31, 2015.

A TOTAL OF 2,294 EMPLOYEES QUALIFIED TO SAVE \$240 THIS YEAR!

WHEN CAN YOU EXPECT YOUR CREDIT? Your Wellness Credit will be evident on the first paycheck in March 2015. On this paycheck, you will see your March credit (\$20/eligible employee), in addition to retroactive credits for January and February.

Example: If you are the only City employee on your health insurance plan, and you completed your Health Compass, you will see a \$60 credit (January, February and March) on your March paycheck. Then, beginning April, you'll see the normal \$20 monthly Wellness Credit (per eligible employee) on the first paycheck of each Month.

BONUS GIFT! In addition to your credit, those who completed the Health Compass in January will have the opportunity to choose a wellness-related gift item. To learn more about this incentive and how to select one, please look for a letter that will be mailed to your home on February 25, 2015.

LOGO CONTEST

Thirty-one City of Tacoma employees submitted concepts for the logo to use for the new Tacoma Employee Wellness Program.

Debbie Bertram came up with the Award-Winning Tagline, **GROWING WITH BETTER HEALTH**, which inspired the development of the wellness program's logo.

Besides the right to brag, Debbie received public recognition, a certificate of achievement and a Fitbit Flex.

PICTURED (LEFT TO RIGHT):

Alice Phillips (IBEW Business Manager and Chair of Joint Labor), **Debbie Bertram** (Lead Water Service Work at Tacoma Water), **Kari Louie** (Benefits Manager, City of Tacoma)

UNDERSTANDING REDBRICK HEALTH JOURNEYS

RedBrick Journeys are a breakthrough behavior change system that help your participants build healthier habits one small step at a time. They create a highly personalized and persuasive experience that drives more frequent and ongoing engagement than traditional health improvement programs. The result is a fundamentally different approach to changing behaviors that is fresh, fun and really works.

Journeys are available in the following FOCUS areas:

Get Active: There's a Get Active journey for users at all points on the fitness spectrum—from those who don't exercise at all to those who simply need to increase the intensity of what they're already doing.

Stress Less: The small steps within these journeys can help users refocus their energy and regain their sense of calm.

Eat Healthier: It takes more than nutritional guidance to change behavior—especially when culture and environment keep us stuck in old habits. Eat Healthier journeys help users make the leap from concept to everyday practice one focused pathway at a time.

Sleep Well: Sleep Well journeys help users set up their daily lives for the rest they need to boost energy and build health.

Live Well with Asthma: Live Well with Asthma journeys help people with asthma actually practice the habits that will help them breathe better.

Weigh Less: For every person who wants to lose weight, there is a key to success. Weigh Less journeys help users find the key for themselves by “trying on” small, concrete steps that engage rather than overwhelm.

Be Tobacco Free:

Real change is possible when tobacco users can replace current habits with healthy new ones. Each journey moves participants down the road to quitting for good through real-time practice gathering social support, prepping the environment and getting past triggers.



Diabetes Life: Diabetes Life journeys start with the premise that each individual is his or her own best coach. Journeys in this focus area help users try on and extend new habits by practicing fresh new ways to eat and move more, to engage their care team effectively and to monitor their own health at home.

Blood Pressure in Check: Whether they've been diagnosed with high blood pressure or are like the millions living with pre-hypertension, RedBrick's Blood Pressure in Check journeys help users move their numbers to a healthier zone. Small, doable—even fun—steps center on eating healthier, getting active and managing medications.

Heart-Healthy Cholesterol:

Journeys in this focus area pinpoint specific and memorable habit areas such as *Good Fat*, *Bad Fat* and *Master Your Cholesterol Meds*.



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Healthy Back: The focus of these journeys is on safe, gentle movement, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress.

Journey Tips

How to learn about a Journey: If you are interested in learning about a Journey, but unsure if you want to commit, just click on the **Quick Look** icon for more information.

How to delete a Journey that you do not want to continue: If you want to stop a journey that you have already started, you simply need to click the **STOP (hand icon)**, which is visible in the upper right corner of a journey.

How to customize your personal Reminders: You do NOT have to receive reminders everyday. It is up to you to choose the frequency and means (i.e., email or text) in which you want to receive reminders. When you decide to commit to a task within a journey, you can click on **Change Reminder** to set it up in a way that is most convenient for you.

How to complete a Journey: When you begin a Journey, you will see that there are **STAGES** (i.e., STAGE 1, STAGE 2, etc.). You are asked to earn a certain number of Experience Points (XP) to unlock the Challenge Step within a stage (i.e., 1,200 XP). Each task is worth a certain number of points (i.e., 400 XP). So, in this example, all you need to do in order to unlock the Challenge Step is complete three assignments. Then, after you complete the Challenge Step, the next Stage will become “unlocked”. **When you have completed all of the STAGES, you have completed a Journey.**