

Local 6 Wellness Information

Start NOW to save at least \$240 in 2018!

As of Oct. 1, 2016, the 2018 Incentive Period has been underway. If you want to earn or continue to receive a monthly Wellness Incentive in 2018, you should start working on the requirements TODAY. As a reminder, the requirements for the 2018 Incentive are as follows:

- Completion of two (2) Journeys between Oct. 1, 2016 and Sept. 30, 2017.
- Completion of the Annual Health Compass between Aug. 1 and Sept. 30, 2017.

The 2018 Wellness Incentive amounts are identical to the 2017 Incentive options. For more information about the incentive, please go to wellness.cityoftacoma.org/wellness-incentives.

RedBrick/Journey FAQs

How do I participate in the program?

If you are a new user, you need a Registration Token to sign up and create a username and password for the website. **Contact your Wellness Coordinator (scarmody@cityoftacoma.org) if you need this information.**

All registered users should visit tew.redbrickhealth.com to sign in via the username and password that they created.

How long does a Journey take?

Journeys are focused on behavior change, which takes time and intentional practice. Each Journey can take anywhere between 2 and 6 weeks. Allow the process to happen as intended, and give yourself at least four weeks to complete one Journey.

How does a Journey work?

Each Journey starts with a few questions to personalize the experience for you. A Journey is made up of several stages and each stage has many steps for you to choose from. When you have earned enough experience points in one stage, you will be offered a challenge step. When you complete a challenge step, you may proceed to the next stage in the Journey. When you have completed all the stages, you have completed a Journey.

Is there a RedBrick App?

Yes! RedBrick has an **iPhone and Android App** to access Track and Journeys. Compass and rewards are not currently available on the app, but they can be accessed through your phones mobile browser: tew.redbrickhealth.com.

- Activation code: **tew**
- You must have an active RedBrick Health account
- Syncs with Apple Health
- Includes RedBrick Journeys and RedBrick Track

What if I have more questions?

There is a comprehensive and extremely helpful Frequently Asked Questions (FAQ) Guide! This tool was recently created to ensure that the RedBrick Health Portal process is easier for you. You can access this informative document by logging into the RedBrick Health Portal @ tew.redbrickhealth.com (click on the document in the rotating banner) OR visit your Wellness Microsite @ wellness.cityoftacoma.org.