

Local 6



TACOMA
EMPLOYEE WELLNESS
Growing with Better Health

Start NOW to save at least \$240 in 2019!

As of Oct. 1, 2017, the 2019 Incentive Period has been underway. If you want to earn or continue to receive a monthly Wellness Incentive in 2019, 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, 2017 and Sept. 30, 2018.
- Completion of the Annual Health Compass between Aug. 1 and Sept. 30, 2018.

The 2019 Wellness Incentive amounts are identical to the 2018 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.

Wellness Microsite



TACOMA
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REDBRICK

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Health & Wellness Discounts

City of Tacoma Employee Discounts

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GROWING WITH BETTER HEALTH

The City of Tacoma is pleased to offer their employees a simple, social and fun wellness program that promotes a healthier lifestyle and rewards participants with lower monthly healthcare plan contributions. This program – developed by a Wellness Committee comprised of members from the City of Tacoma’s management and the Joint Labor Committee – is designed to provide the education, motivation and tools necessary to help employees improve their health and well being. Participation in this voluntary program could save each employee hundreds of dollars on an annual basis. Even better, employees will likely receive the benefits of longer, healthier and happier lives.



UPCOMING EVENTS



WELLNESS INCENTIVES



REDBRICK TIP S/FAQS



HEALTH DISCOUNTS

LATEST NEWS

UPDATED GYM/FITNESS DISCOUNTS

UPDATED as of 3/21/16 City of Tacoma Gym/Fitness Facility Discounts We are happy to announce that we have a list of gym/fitness facilities that want to offer a discount to City of Tacoma employees. For

TACOMA EMPLOYEE WELLNESS SURVEY

NOW AVAILABLE! We encourage you to participate in this survey, whether or not you participated in the RedBrick Health program. Your feedback is imperative as we continue to improve our wellness

ARCHIVED HEALTHVINE NEWSLETTERS

HealthVine is the newsletter dedicated to the Tacoma Employee Wellness Program, which launched January 1, 2015. Visit the "HealthVine Newsletters" page for a list of all the newsletters published to

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