Coordinator for the city of Tacoma for today's presentation I'm going to spend the majority of time reviewing our new and improved phone this incentive requirement are also going to give you a quick refresher on track remind you what the wellness incentive looks like so starting requirement I first want to remind you that we are currently working on a 2020 Wellness.

Incentive this program your runs from October 1st of 2018 through September 30th of this year 2019 and the required options are similar in the sense that you still need to earn 1000 points so looking at the table you'll notice that you're more than welcome to continue doing what you've already been doing to Reese's a thousand points which includes completing the Compass.

Health assessment and participating in Journeys an indoor track, but now there are other options for you so focused on those new options with your highlight in that pinkish color the first one Lucy has to do with Journeys silently, now you don't have to wait until you officially complete journey to see if we can get a really cool way to earn more points now next trains has to do with.

Trap and you can program for syncing a device or app and we highly encourage you to do so because it doesn't only just simplify your process within red brick, but it truly expedites their progression towards those a thousand points Challenger something that we entered juice last year and they seem to very well-received there a fun way for co-workers are competing against one.

Another when it comes to getting credit for the Healthy Lifestyles that there is so rewarding you for getting 50 points for parts because you get points for challenges are actually utilizing tracks and then the last combining to be called the city of Tacoma healthy activities so you can earn points for purchasing city of Tacoma webinar on side of completing a physical or completing the certified.

Weight management program and some of these are listen to make them at a point so we talk about thisand more in the following but before moving on note that there are minor changes to two of our three requirement options from the previous year, so first when it comes to the Compass Health assessment it was last year with 600 points and now it's worth 400 between.

Easily make up the difference by getting your annual physical and then track has changed slightly to last year you could have eight points per day, but only up to the maximum 15 days for the whole program as a hundred and twenty days throughout the year, so even though the points are a little bit lower your really able to earn more track now and we really think it's the.

Positive or practicing other healthy habits that again for everything that you're already doing I promise I was going to go over the city of Tacoma healthy activities in Greater detail Define similar to the way that you find Journeys took on activities, but rather than one person at least three tiles populate the physical and the certified weight management when you click on me.

Stylers give you more information all the forms that you need to complete these activities so starting with the weather on site class if you are points you can also get credit for classes and honor Wellness site which is the only difference is that I do need to turn in the form if you wash has recorded webinars because I have no way to know who's watched they are not so this is.

What the form looks like it's just email it back to me an hour to make sure you get those 25 points awarded we all know how important annual physicals are so it just makes sense to award you forgetting those each year and as you can see is you do however need to turn in a verification form to me and this is what the form looks like when it's a very generic you don't.

Need to put any health information that you can type everything out in advance and they just take it there and all you need to do is ask for your healthcare provider Define the style in on its certified Weight Management Programs have an information that I've had with employees have a lot of people that participate in Weight Watchers and they felt like they should be qualified or.

Similar to a journey so this is what this phone to access this form you going to find it on this tile or gain by reaching out to me directly track when it comes to track I wanted to provide a refresh her because her a recent survey that we did, I was surprised how underutilized it is we have in red brick that allows us to get credit for we're already doing the live a healthy lifestyle so.

When it comes to track you can track anything under the get active he healthy or Livewell categories so examples of active these are just a few there are so many yard work party machine spankchain steps of everything you're doing when you're being active, eat a healthy breakfast, choose water over soda does all counts and then or if he doesn't come to her wellBeing aspect.

So I think it's a great tool for everything but it's just through the active option for that reason I didn't want to show you an example of how you can make something for the track in the nice thing is that it does come with flexibility you can backtrack up to 30 days so compared to Journey's freaking out the follow along with its progress with track you can go in at.

The end of the month and ensure all those things in at one time, so you don't have to login every day with it so we'll take an example of somebody on does elliptical every Monday Wednesday Friday they can go in at all those days will be uploaded into the system and you'll see those points these are the current apps and devices that sync with red brick now is it earlier you know.

You're encouraged to do so because it simplifies your process and expedite your progression towards a thousand points, but even though you don't have to manually enter anything in to check in at least once a month because you want to make sure that everything's upload incorrectly because I can see that so it wasn't directly I'm so trying to get in the habit at least.

Checking in and making sure that everything's working appropriately and this is where you want to go to make sure that's happening if you're thinking correctly and also it's all your man we entered information this is where you're going to go in and then track again with the bar graphs from your app sometimes it's clicked on the track it and then just but nevertheless it gets used to.

Descriptive stats based on your activity and then underneath it has a very detailed breakdown of your daily activities and uploaded so this is going to make sure everything's working appropriately on this Wellness meter and that could be done by a combination of several for example if you went for 30 minutes that's 300/300 that you needed on your Wellness meter date.

The points for that day anything under the category that you did for 30 minutes at a moderate Pace will get you those 350 breakfasts in his so that you had a really busy day and unfortunately couldn't get in because I activity B chapter 3 activities are still going to reset 300 goalies for the day time outside steps are the most commonly tracked items within a red brick in this is example.

Of the 300 that you needed to get those five points in the so not too difficult to get credit for what you already doing take this opportunity to remind you that red brick is really easy to use on the go not only does it have a mobile website but it has apps for both Android and iPhones so you just go to the city of Tacoma is also a I want to talk to you iPhone people in particular or.

Apple users in general, he may have noticed that Apple Health was not listed on the previous slide and that's because it works differently, you don't think it'll be really stumbled for you to do when you download the Redford Health app, it actually prompts you to use your help so you can go through it you open it up you just put in that you want to sync your physical activity say aloud.

And then everything should be working from there on out the difference is that the Apple Health app keeps you logged in whereas the RedBrick Health app doesn't so I recommend you check and maybe once a week or once every other week you don't have to do anything just log into RedBrick Health app so that the two can talk and share information you don't have to do.

Anything but just let them talk and make sure everything is being uploaded correctly to all right, but it's still pretty tender Kaiser Permanente hours over the course of a year and that's because you're getting a $40 per month credit and the difference in credits merely has to do with the fact that the plans are riskier plans and that's why they're also associated with health nail.

Savings accounts are different and flexible spending it spending accounts so you don't lose this money so if you enroll in high does the health plan one year and then decide to move back to traditional health plans for healthy people, but it's not the right plan for everybody and our benefits page has a really great resource to help you note share the differences between these plans for you all right so if you're listening to this and you haven't registered already.

 I hope you're excited because there's so many ways for you to get credit for everything you might as well as not participating in but maybe they should the registration process has been greatly simplified thank goodness the hardest part is remembering that the employee ID number needs to be.

Eight digits, so there's going to be a leading zeros that needs go in before it to make sure it's 8 digits from their password and that's how you log in from there on out this is your go-to resource for everything wellness program related Wellness. City of Tacoma. Org does your archived Delphi newsletter information of the wellness Center's obviously contact information upcoming.

Events is where you go to find information about all of the classes that we have plans so I once a week, twice a week to make an offer more classes for employees has classes, but is where you going to find all the recorded webinars and this again is going to continue to add them up there you can watch your verification form that you need to turn into me get those 25.

Points so keep your eyes on that as well discounts, but this is where you go to find the 31 or so different gyms that offer discounts to you and your family members, but also some of our health providers like raisins Kaiser Permanente in PSP sporting tickets, hotel discount and there's a variety of different things on there that you might want to take advantage of and I have.

Direct links for all of those on that page so a good resource for you to take a look at your convenience with that I am you go to for everything wellness program related with my phone number my email, please don't hesitate to reach out to me, I'm happy to help in any way that I can if you have any issues with thinking of a device or with the portal itself it's best to reach out to.

Red Brick takes a deeper, dive into your account to figure out what might be causing that issue, but it is not a great customer service resume isn't resolved, please do reach out to me so that I can expedite it with a contact that I have there I just want to thank you for taking the time to listen to this presentation I hope that you're going to enjoy and again I'm happy to help in any way that I can so please don't hesitate to contact me have a great day.