

HealthVine



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GETTING STARTED

Great health is its own reward. But let's face it, getting rewarded for your healthy activities can kick up your motivation. Whether you are already living a healthy lifestyle or are just beginning to make some changes, the RedBrick Health online program can help empower you to reach your health and wellness goals! **See Page 4 for Registration Instructions.**

The first thing you are encouraged to do after you register is complete your **Health Compass**. This is a brief (15—30 minute), highly visual and interactive health assessment.



It enables you to update your assessment any time during the year, providing you with real-time personalization and recommendations.

After taking your initial Health Compass, your next step should be to choose and begin a Journey or two. **Journeys** are a breakthrough behavior change system that can help you build healthier habits one small step at a time. Each Journey is a highly personalized and persuasive experience designed to keep you engaged and motivated!

WELLNESS INCENTIVES

Although the incentive period for 2015 has come and gone, there is still plenty of time for you to register for the website and start working on the required tasks for the 2016 wellness incentive! Learn more about incentives at the Wellness Microsite.

WELLNESS MICROSITE

wellness.cityoftacoma.org

The Tacoma Employee Wellness Microsite is designed to be your go-to resource for health and wellness information! On this microsite you will find the following:

- Direct Link to RedBrick Health
- Information for New Employees
- Wellness Incentive Descriptions and Guidelines for 2015 and 2016
- Important Contact Information
- Blogs and Educational Information
- Wellness Committee Member Videos

You are encouraged to save the microsite in your "Favorites" and to visit it frequently so that you stay up-to-date on the latest information and campaigns!



02 REDBRICK FAQs:
Learn important tricks and tips for RedBrick Health!

03 TIMELY JOURNEYS:
It's a great time of the year to try something new!

04 UPCOMING EVENTS:
Get active & have fun with local events in our area!

TRY BIKING TO WORK!

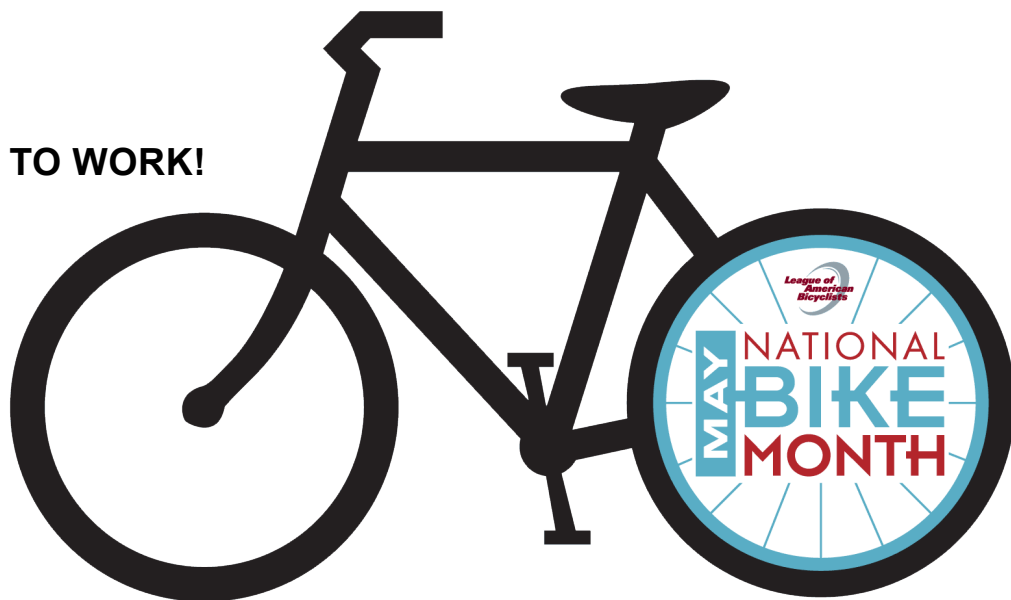
JOURNEY SUGGESTIONS

Although there is not a specific Journey for "biking", there are a few that have a biking-related step(s) within the Journey.

Crank Up Your Workout. Even the most dedicated workout can get stale in time. This Journey will help you make the most of your favorite workouts and give you new ones to make sure your fitness routine is never standing still.

Fitting in Fit for Families. Learn how you can fit in family fitness during the week and the weekend alike—busy families included. It takes as little as 10 minutes to get started, and soon everyone will be begging for more time to move.

Run Your First 5K. This is a brand new journey that is designed with the mindset "from couch to 5K"! If you can walk briskly for 30 minutes straight, you can run a 5K! You'll complete 3 workouts per week in this seven-week Journey. Along the way, you'll learn more about stretching, strengthening, avoiding injuries and preparing for your big 5K Day!



THERE IS A LOT GOING ON DURING BIKE MONTH 2015 AND THIS IS THE YEAR TO "BIKE EVERYWHERE". BIKE TO GET HEALTHY OR STAY HEALTHY—AND ALWAYS HAVE FUN!

You can record all your bike trips, not just the commute, at <http://www.piercetrips.com/148/Bike-Month>. Additionally, you can find lots of information about activities and events all month long at bike253.com.

- The Bike Swap kicks off Bike Month on May 2 from 10am - 2pm at the University of Puget Sound. You can find a bike, sell a bike or take the family to the kids bike rodeo.
- There are great rides like the Tweed Ride or Anderson Island Ride and even a bike trivia quiz night.
- The City of Tacoma has a number of bike teams with great sassy names and a competitive spirit. To get in the team groove, please attend the Bike Month pizza party on April 29th from 11:30 - 1pm in TMB room 248.

Learn about how to inspire your teammates and perhaps win a bike trip to the San Juan's by recording your trips at Piercetrips.com!

Preventive Care

Preventive Care enables you to see a doctor for annual screenings and other services with NO OUT-OF-POCKET COSTS (no deductibles, coinsurance or copays). These key services and screenings include, but are not limited to, annual physicals, non-diagnostic screenings for breast, prostate or colon cancers.

For a more detailed list of covered preventive services, visit www.regence.com or member.ghc.org.

Swedish Mobile Mammography Services

This is your opportunity to receive a quality mammography utilizing the most current technology in a safe, comfortable and convenient environment. This event is no longer in March—it will now occur later in the year to better align with the Health Fairs and Breast Cancer Awareness Month.

Date	Time	Location
September 11, 2015	8:00am-5:00pm	TMB
September 25, 2015	8:00am-5:00pm	TPU



**The City of Tacoma is not sponsoring nor contracting with any of these events. The list provided is a summary of events happening within 40 miles of Tacoma.*