NEWSLETTER OF THE CITY OF TACOMA







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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!

REDBRICK FREQUENTLY ASKED QUESTIONS (FAQs)

What is a Journey?

A Journey takes a big goal like eating healthier and breaks it down into tiny achievable steps. 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 your Journey.

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 many stages are in a Journey?

Each Journey has between 2 and 4 stages (with some exceptions), depending on the type of Journey and how experienced you are in that health area when you begin.

How many steps are in a stage?

The number of steps you need to complete a stage varies depending on how many experience points you need to earn and how many experience points the step is worth. Some steps may be easier and worth fewer points than harder steps.

Can I set reminders to myself about the Journeys?

Yes. When you join a Journey and commit to an action step, you can specify if you want to: get a reminder, customize a reminder (e-mail/text), or choose no reminder. You can update your reminders at any time by going back into the action step you committed to and choosing "update reminder".

How can I view my completed Journeys?

To see what Journeys you have completed, visit the "Profile" section (click on your name in the top right corner) and then "VIEW ALL" under "Your Badges". To see the name of the Journey, hover over the badge. Grey badges have not been completed; colored badges are complete.



How do I turn off the reminders for my Journeys?

You must go into each step and turn it off over on the right-hand side of your screen under "what would you like to do?" Choose "change reminder" and select "no reminder."

Can I delete a Journey from my account?

If you have joined a Journey that you no longer want to participate in, you can choose to stop participating by opening up the Journey and clicking on the hand icon. This will stop the Journey and will remove it from your list of Journeys in progress and will remove all reminders for that Journey.

Can I complete Journeys on my smartphone?

Yes, you can! You can join, personalize, track, and complete your Journey all on your smartphone. Just open up a browser window on your phone and log into the standard wellness website address.

DID YOU KNOW? The RedBrick Health Portal now has a video tutorial to help you better understand what a Journey is and how it works! You can find this video when you click on the "Quick Look" button for ANY Journey.



TRY BIKING TO WORK! ONS

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



mountains endurance energy running nap concepts seniors conscious competition motivation speed healthcare 2016 INCENTIVE REQUIREMENTS

REDBRICK REGISTRATION AND

How to Register

- Go to the RedBrick Health Registration Portal (tew.redbrickhealth.com/portal/registration).
- 2. Enter your Registration Code/Token and click "Next".
 - Current Employees: This code was provided in the Launch Letter that was mailed to your homes in the end of December.
 - New Employees (hired after 1/1/15): You will be automatically mailed a Welcome Letter within 2-3 weeks of your start date. This letter will contain your registration information.
 - Was your Registration Token Lost or Never Received? Please email your City of Tacoma Wellness Coordinator or the Third Party Contact and they will respond to you within 24 hours or less.
- 3. Create a username and password, which you'll use to log into the website from thereon out.
- 4. Once you have successfully registered, you will always log in with the username and password that you created at tew.redbrickhealth.com.
 - **Helpful Hints:**
 - To help prevent log in issues, you are encouraged to save the Tacoma Employee Wellness Microsite in your "Favorites" and then directly access the Tacoma Employee Wellness RedBrick Health Portal from there.
 - You know you are on the correct RedBrick Health website if you see the Tacoma Employee Wellness logo. as well as a section to enter in your Username and Password.

2016 Incentive Requirements

- 1. Complete two (2) Wellness journeys by September 30, 2015. See Page 2 for Journey FAQs.
- 2. Complete the annual Health Compass between August 1

and September 30, 2015.				

UPCOMING EVENTS*

Date	Event	Location		
April 25, 2015	Spring Forward 5K Run & Walk	Tacoma, WA		
April 25, 2015	Save the Frogs Day 5K Fun Run/Walk	Seattle, WA		
April 26, 2015	Mount Rainier Duathlon	Enumclaw, WA		
May 2, 2015	YMCA Spring Run	Olympia, WA		
May 3, 2015	Seattle Brain Cancer Walk	Seattle, WA		
May 3, 2015	Tacoma City Marathon	Tacoma, WA		
May 9, 2015	Mud Mountain 8K trail run/ 2.5 mile walk	Enumclaw, WA		
May 17, 2016	Capital City Marathon	Olympia, WA		
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See more races in the Pacific NW by visiting the RaceCenter NW Website.

*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.