

June
2015

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



INCENTIVE REQUIREMENTS

It is hard to believe that we are already six months into the launch of the NEW Tacoma Employee Wellness Program—Growing With Better Health! Considering how quickly the first half has flown by, it is definitely time for all of us to SPRING back into action.

As a reminder, if you would like to earn or continue to receive the wellness credit in 2016, you are required to complete these tasks in 2015:

- Complete two (2) wellness Journeys by September 30, 2015.
- Complete the Annual Health Compass (15-30 minutes online health assessment) between August 1 and September 30, 2015.

So—let's get going! Now that the weather is getting warmer and an abundance of local events are occurring, there truly is no better time than NOW to re-engage in the RedBrick Health Journeys!

To learn more about the 2016 Wellness Incentive/Credit, please visit the Tacoma Employee Wellness Microsite at wellness.cityoftacoma.org.



We are more than HALFWAY through the (2016) Incentive Period!



JOURNEY RECOMMENDATIONS

Stress to Energy Sampler. Learn how to prompt your body to deliver more energy whatever life throws your way. Start with some better sleep habits, then move on to eating for energy before you discover how even a little bit of movement can go a long way toward boosting your energy.

Run Your First 5K. Although this Journey was mentioned in the April/May Newsletter, it is worth sharing again, especially considering all the upcoming Local events! This new journey 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!

Cart Hero. Shop with a purpose and discover how easy it is to bring home a cartload of health. From simply making a list, learning how to read labels, and by shopping at local farmer's markets or the outskirts of a store.

Make Time for Play. Play is powerful. Devote time to leisure and you'll likely be healthier, happier, less depressed and less stressed. And ... when you have more fun, you are more fun—everyone around you benefits! In this Journey, get rid of your buzz kills and find your fun.

02 Wellness Champions:
Help spread the excitement around wellness!

02 Employee Spotlight:
Read about Christopher Gleason's wellness story!

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

WELLNESS CHAMPIONS

Do you want to help create excitement around leading a healthy lifestyle? By volunteering to be a Wellness Champion for the Tacoma Employee Wellness Program – Growing With Better Health – you can!

ROLES AND RESPONSIBILITIES

- Serve as a liaison between the Tacoma Employee Wellness Program and your work department/location.
- Assist with and provide feedback for Tacoma Employee Wellness activities and events (i.e., Health Fairs).
- Recommend improvements and solutions.
- Distribution of program materials for communications, activities and events.
- Attend Wellness Champion meetings/trainings (approximately 2-4 hours per month). *Supervisor approval will be required.*

HOW TO APPLY

Please email or call your Wellness Coordinator, Shannon Carmody, at wellness@cityoftacoma.org or 253.591.2002 by **June 22, 2015**.



CITY OF TACOMA EMPLOYEE SPOTLIGHT

CHRISTOPHER GLEASON, TACOMA POWER HYDRO PROJECT ELECTRICIAN GENERATION

I started a simple diet at the launch of the new City of Tacoma Wellness Program, and have managed to lose 33 pounds and sustain it. I picked a target weight of 220 pounds and, after a couple short months, I am there. I used some of the common-sense activities from the RedBrick Health platform and incorporated them into my daily lifestyle. Doing so enabled me to hit my goals, while logging credit for Journeys. I simply counted calories and made the calories that I eat, count more. I used a Wii Fit to track my progress, which was also a huge asset for me. Now that I am at my target weight, I plan to continue physical and personal development activities. It is amazing how this has affected my whole family, we are all feeling better.



SHARE YOUR WELLNESS STORY. We want to hear from YOU! Please submit your Wellness Story/Journey to wellness@cityoftacoma.org.

Learn More About Dental Wellness!

Delta Dental Wellness Incentive

The Delta Dental PPO Plan is designed to promote regular dental care. During the first incentive period, the payment level for covered and allowable Class I and Class II benefits is 70%. This payment level increases by 10% — up to the maximum of 100% — each successive incentive period in which benefits are used at least once by the eligible person(s). [Learn More.](#)



Willamette Dental Wellness Flyers

[Cleaning Frequency Research](#)

[Diabetes and Oral Health](#)

[Pregnancy and Oral Health](#)

[Children and Oral Health](#)

TACOMA EMPLOYEE WELLNESS SUMMER INCENTIVE

DON'T MISS YOUR CHANCE TO WIN A \$200 GIFT CARD!



Summer in the Pacific Northwest is a great time to start a new healthy habit. Whether you are starting a new activity like hiking, biking, rowing or a team sport or just trying to get more vegetables in your diet – the regions natural beauty and agricultural abundance is sure to inspire you. Tacoma Employee Wellness wants to help keep you engaged in your health. For every RedBrick Journey you have completed or do complete, you will be entered to win a \$200 gift card.

Drawing Dates: July 1st, July 15th, July 29th, August 12th and August 29th.

Example: If you have already completed two Journeys this year, and do not have time to complete another one before July 1st, you will still get TWO entries into the first drawing. But then, if you end up completing one more Journey by the second drawing, you will be entered into that Lottery drawing THREE times (since you have now completed three Journeys)! In short, you get entered into each drawing based on the total number of Journeys you have completed by the draw date.

Stay tuned for more information about the Summer Incentive. In the meantime, visit the Tacoma Employee Wellness Program website <https://TEW.redbrickhealth.com> to work on Journeys.

UPCOMING LUNCH AND LEARNS*

Eating Your Way to Better Health. This workshop covers foods that make up a healthy diet, tips for improving eating habits, as well as healthy meal choices and grab-and-go snack ideas. We'll discuss barriers to healthier eating habits and ways to overcome them. Each participant will create an action plan for applying what they've learned.

Finding Your Work-Life Balance. Maximizing quality time in both your personal and professional life is the topic of this workshop. We'll discuss time-management techniques, lifestyle changes to better manage stress, and the importance of building a strong support system. Scenarios related to work, relationships, and finances will allow for group problem-solving, and participants will develop an action plan for applying what they've learned.

These presentations will be offered as Webinars, so stay tuned for registration and participation information a week before each scheduled presentation.

PRESENTED BY:

Veronica Amucha, Health Educator

DATES:

June 25, 2015 12:00 PM to 1:00 PM
TPU, Auditorium (Healthy Eating)

July 8, 2015 12:00 PM to 1:00 PM
TMB, Council Chambers (Work-Life)

July 21, 2015 12:00 PM to 1:00 PM
TPU, Auditorium (Work-Life)

UPCOMING EVENTS*

Date	Event	Location
June 13, 2015	Roman Meal Sound to Narrows	Tacoma
June 13, 2015	Hoquiam Half Marathon and 5K	Hoquiam
June 13, 2015	Rock 'n' Roll Seattle Marathon & 1/2 Marathon	Seattle
June 14, 2015	Seattle Furry 5K	Seattle
June 14, 2015	The Bear Run 5K Run/Walk	Maple Valley
June 21, 2015	Lake Meridian Triathlon	Kent
June 27, 2015	Fleet Feet Matterhorn Madness 5K	Bonney Lake

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.