

Aug/
Sept.
2015

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



KEEP YOUR SUMMER JOURNEYS GOING!



SUMMER INCENTIVE CAMPAIGN

Congrats: There have been FOUR winners for the \$200 Gift Card!

1. Cindy Farmer, Benefits Specialist
2. Cindy DeGrosse, Office Administrator, NCS
3. Greg Hunter, Solid Waste Worker
4. Chris Galbraith, Fire

Drawing Dates: There is just **ONE** more opportunity to win! The next drawing date is **Aug. 26**. For every RedBrick Journey you have completed or do complete, you will be entered to win a \$200 gift card.

Disclaimer: This reward is taxable income. Winners will need to complete the "Employee Gifts Recorded as Taxable Earnings" form and return it to Payroll. A congratulatory email with instructions will be provided to each winner.

Confused About Journeys? If you were unable to attend a "LIVE" presentation and/or want to see the presentation again, please watch this 20-minute video "[Understanding RedBrick Health Journeys](#)".

JOURNEY RECOMMENDATIONS

Time is of the essence — here are some Journey recommendations that are fun AND take 3-weeks or less to complete.

10 Minutes a Day to Less Stress (2 Stages). Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level — but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day.

Cart Hero (3 Stages). Shop with a purpose and discover how easy it is to bring home a cartload of health. From simply making a list to learning to read labels to shopping the outskirts of the store — all you have to is begin.

Move It and Lose It (2 Stages). Work your way up to 30 minutes of healthy activity a day by simply moving and little more every hour. You don't even have to get out of your seat to get the benefits. Start choosing steps and start moving.

Smart Snacking (3 Stages). Follow a path to a snacking routine that can actually help you meet your weight goals. In this Journey, you'll practice thinking ahead and learn to spot the most energizing choices. You'll prevent over-eating at meals and boost your nutrition — one small snack at a time.

02 HEART WALK: Join/start a team and vote for your favorite t-shirt design.

03 Employee Spotlight: Read about Joseph Hagala from Street Operations.

04 UPCOMING EVENTS: Learn more about the HDHP plans and Wellness.



2015 South Sound Heart & Stroke Walk

There is no better way to demonstrate our commitment to health than to lead by example and participate in this year's South Sound Heart and Stroke Walk on **Oct. 3, 2015!**

The American Heart Association's annual **South Sound Heart and Stroke Walk** is the celebration of a season of making positive lifestyle changes. Featuring a healthy-living festival and a non-competitive 5K participants are invited to visit booths that encourage healthy living as well as walking the 3-mile route along the Foss Waterway esplanade.

The City of Tacoma has participated in the South Sound Heart and Stroke Walk for over 10 years and has helped raise over \$150,000 to support the American Heart and Stroke Association. These funds have helped support cardiovascular and stroke research and programs in our community. Previous research funded by the AHA has brought us CPR, AEDs, cholesterol and blood pressure medications, life-saving surgical techniques and much more!

City of Tacoma Goal

The City aims to have a great showing with at least **150 walkers** and achieve our fundraising **goal of \$15,000** for the fight against heart disease and stroke. Participating is fun and easy, and you can invite friends and family to join you!

City of Tacoma 2015 Heart Walk Shirt

Designs Created By: The City of Tacoma Media and Communications Office

City-wide Vote is Coming SOON!

A Survey Monkey will be emailed from the Tacoma Employee Wellness Program to all City of Tacoma Employees sometime between Aug. 24 and Sept. 2, 2015. **All City employees are welcome to vote!**

Based on the majority vote, your Wellness Coordinator, Shannon Carmody, will reach out to all Team Captains to gather the sizes and quantities for all participants registered for the 2015 Heart Walk (includes employees and their family members).



Team Captains

Please visit the [City of Tacoma Heart Walk Page](#) to register for or start your own City of Tacoma team (registration is free):

12th Floor: Joe Lonergan; **City Attorney's Office:** Cheryl Comer;
City Manager's Office: Samantha Kaauamo; **COT Finance:** Andy Cherullo;
Customer Service: Patty Taylor; **Doug's Team:** Doug Babbit;
ES—Science & Engineering: Scott Haydon; **HR Huff & Puff:** Angie Hardy, Marti Spike; **Neighborhood & Community Services:** Lisa Wojtanowicz;
Pothole Jumpers: Frederick Chun; **Tacoma Environmental Services:** Stephanie Seivert Wilson; **Tacoma Fire:** John Pappuleas; **Tacoma Police:** Loretta Cool; **TEAM IT:** Kathy Lapp

WORK MORE WHOLE FOODS INTO YOUR DIET

Summer is a great time to introduce more whole foods into your diet.

Whole foods — those that are unprocessed—provide fiber that can help balance blood sugar, promote heart health, and improve cholesterol levels. They are rich in nutrients, with vitamins and minerals that are easy for your body to absorb. Here are a few ideals for incorporating these healthy foods into your diet.

- Keep whole fruit on the counter or bite-sized vegetables around for snacks. Plus, frozen fruits and vegetables can be just as healthy.
- Snack on unsalted nuts and seeds for filling. These are made of a more healthful fat and contain lots of vitamins.
- Eat oatmeal or whole grain hot cereal for breakfast. Add berries to double up on vitamins.
- Use whole grain bread, pitas or tortillas for sandwiches or wraps.
- Serve brown rice instead of white.
- Eat eggs for a good source of protein. Add mushrooms or other vegetables to a scramble to make them even more nutrient-rich.



CITY OF TACOMA EMPLOYEE SPOTLIGHT

**JOSEPH J. HAGALA, RESIDENTIAL MAINTENANCE
SUPERVISOR, STREET OPERATIONS—PUBLIC WORKS**

I'm sharing one of my favorite Juice recipes. Different times of the year I change up what I drink, depending on what growing season we are in. My 'Go To' drink is a year round favorite, always in stock, and it's simple too!

- 3 large or 4 medium size carrots
- 1 small or school boy size Gala apple
- 1 stalk of celery
- 1 thumb size piece of Ginger

You can add extra ingredients to this, but this is usually the bare minimum that I juice.



We had a "taste" at our Church a couple of weeks ago. My son, John, and I set up a booth for juicing, The Juice Box, completed with custom made T-shirts. We had info on juicing, and of course, cute sayings on the wall. One of the favorites was, 'Juiceless in Seattle, because we are in Tacoma'. We went through 20lbs of apples an 15lbs of carrots and a bunch of ginger!!

2015 Health Fair Schedule

Date	Time	Location
October 9, 2015	7:00 AM – 2:00 PM	Tacoma Public Utilities
October 16, 2015	10:00 AM — 2:00 PM	Tacoma Police Dept.
October 22, 2015	7:00 AM — 2:00 PM	Tacoma Municipal Building
October 29, 2015	9:00 AM — 10:30 AM	Tacoma Public Library

High-Deductible Health Plan and Wellness

General Information: Next year, employees will continue to have the options of selecting either a Regence or a Group Health traditional health plan with some minor plan design changes.



There will also be two new health plan options available offered through Regence and Group Health called a “High-Deductible Health Plan (HDHP) with a Health Savings Account (HSA).”

Learn more about the two new health plan options and ask Group Health, Regence and/or HealthyEquity (HSA Administrator) questions at an upcoming presentation:

Aug. 25

TPU Auditorium

11:00 AM – 12:00 PM

12:30 PM– 1:30 PM

Sept. 9

TMB Council Chambers

11:00 AM – 12:00 PM

12:30 PM – 1:30 PM

Wellness and the HDHP/HSA: Employees who sign up for the high-deductible health plan HDHP/HSA plans will receive a monthly contribution into their HSA from the City. If an employee participates and satisfies the Wellness program requirements for 2016, this contribution by the City into the HSA will be larger.

Additionally, the monthly premium credit will be larger – so there are two wellness incentives that come with the HDHP/HSA plan choices.

YEAR	REQUIREMENT	INCENTIVE		
2016	Complete two (2) Wellness Journeys between Jan. 1 and Sept. 30, 2015. Complete the Annual Health Compass Assessment between Aug. 1 and Sept. 30, .	Employees participating in Wellness will receive a Wellness Credit: \$20 per month credit toward their premium contribution for medical insurance coverage under the Regence and Group Health Regular Plans Or \$40 per month credit toward their premium contribution for coverage under the Regence and Group Health HDHP/HSA Health Plan options available in 2016 Contributions to HSA Accounts Employees who elect a HDHP/HSA Health Plan option available in 2016 will additionally receive contributions from the City on a monthly basis into an HSA. Employees participating in Wellness will receive a higher contribution.		
		With Wellness		Without Wellness
		Employee Coverage	\$1,250/year	\$500/year
		Family Coverage	\$2,500/year	\$1,000/year