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NEWSLETTER OF THE
CITY OF TACOMA

HealthVine

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BEGIN YOUR JOURNEY

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!

WELLNESS INCENTIVES

Although the incentive period for 2016 has ended, there is still plenty of time for you to register for the website and start working on the required tasks for the next incentive year! [Contact Shannon Carmody](#) for more information.



WELL-ROUNDED WELLNESS

When most people think of wellness, they think of physical and emotional health, but there's more that can impact your overall well-being.

Social: Have positive relationships with friends, coworkers and family. Enjoy spending time with others — whether talking or doing something together.

Financial: Understand that money can't buy happiness and have enough money for your needs and wants without going into debt.

Occupational: Enjoy your job, and make sure you keep a work-life balance.

Intellectual: Open your mind to new ideas, experiences and lifelong learning to keep life interesting.

Physical: Choose a healthful lifestyle that includes eating right and exercising while avoiding bad habits so you have energy and body to live life to its fullest!

Emotional: Understand yourself and your feelings — both good and bad — and find healthful ways to deal with life's ups and downs.

Spiritual: Have peace in your life, know your purpose, and make sure what you do truly matches what you believe.

02 Sleep Well, Stay Well:
Learn important tricks and tips to stay healthy.

03 Heart Walk Results:
The City of Tacoma accomplished great things.

04 Upcoming Events:
Open Enrollment is almost coming soon.



Good Night, Sleep Tight

Sleep is NOT overrated.

For many people, slumber is one of the first activities sacrificed in an effort to squeeze in all of the to-dos.

Everyone's sleep need varies. In general, most adults require 7-9 hours of sleep each day.

Need reasons to go to bed at a reasonable time? Here are a few:

Metabolism and Weight: Long-term lack of sleep may cause weight gain by affecting how your body processes and stores carbohydrates (i.e., it tends to be stored as fat). Lack of sleep also impacts the levels of hormones that affect your appetite.



Safety: Sleep deprivation can lead to falling asleep during the day, which can result in falls and mistakes such as road accidents.

Learning and Memory: Sleep can help the brain commit new information to memory. Studies show that those who sleep after learning something new will do better on tests later.



Take a Time Out From Negative Talk

The election year is upon us.

Although being a well-informed voter is important, sometimes the non-stop negative political rhetoric can become depressing. Here are some ideas to take a time out from the gloom:

Think for yourself: Instead of believing everything you hear and read; look up facts and make your own opinion.

Stay clear of negative people: If there are certain people or personalities that affect your mood in a negative way, stay away from them. If you can't get away, then try to change the subject to something more positive.

Refer to your blessings: Don't forget all the happy things in your life, such as who you have, who you love, where you live and what you enjoy.



Make GOOD Excuses

Most people can make excuses as to why they "can't" or "don't" exercise ...

So, how about we aim to make some positive excuses instead? Try telling yourself reasons why you can and should get up and move!

I will exercise today because ...

- It will improve my heart health.
- It may reduce my risk of cancer.
- It will strengthen my bones.
- It may boost my metabolism.
- It may help me sleep better at night.
- It will reduce my chances of type 2 diabetes.
- It may help me feel proud of myself.
- It will improve my cholesterol levels.
- It will help me reduce my health-care costs.
- It is a way for me to take care of myself.

City of Tacoma Heart Walk Results

WAY TO GO! We, as a City team, helped to **make history** as this year's fundraising total for the South Sound Heart and Stroke Walk came to **\$433,980**. This amazing fundraising total **marks the highest amount raised in the history** of the South Sound Heart and Stroke Walk. More specifically, we helped to exceed the set goal of this event by over \$84,000.

AS A TEAM, THE CITY OF TACOMA earned **\$14,291** to help the fight against heart disease and stroke. Although we didn't quite accomplish our goal of \$15,000—we were extremely close. Plus, we raised \$2,115 more than what we raised last year!

Excitingly, **we did exceed our walker goal**. We hoped to have at least 150 walkers and we had a total of 156 participate in this year's event.

We can and should feel very proud of our accomplishments and efforts.



Heart Walk.



Comfort Foods

We all have special foods that help us to “find comfort”. We resort to these foods when we are mad, sad, bored—or to reward ourselves and celebrate special occasions. The good news is that not all comfort foods are unhealthy and many can easily be modified to be more nutritious.

Here are some suggestions to help you to cook for the taste (and health) of it:

- Add veggies to your favorite comfort recipes like mac and cheese (add broccoli) or meatloaf (try shredded carrots).
- Puree or mash potatoes, sweet potatoes, and other vegetables with milk, reduced-sodium chicken broth, OR the liquid left from cooking them. Add some shredded zucchini, shredded carrots, garlic, ginger, lemon juice, and/or onions.
- Sprinkle some Parmesan or Romano cheese over vegetables. It adds a lot of flavor but not much fat.
- If the recipe calls for a rich sauce (i.e., gravy), consider using these *healthy substitutes*:
 - ⇒ Blend horseradish with plain yogurt to serve with lean beef.
 - ⇒ Blend fresh dill into fat-free plain yogurt as a sauce for seafood or chicken.
 - ⇒ For any easy sauce, braise poultry, fish, and meat in low-fat canned soups. Then heat to reduce the liquid to sauce consistency.

Halloween Fun!

Spider Web Dip

Ingredients

- 8 ounces cream cheese, softened
- 3/4 cup salsa
- 1/2 cup prepared guacamole
- 1 to 2 tablespoons sour cream
- Taco Seasoning (optional)

Directions

1. In a small bowl, combine cream cheese, salsa and taco seasoning to taste. Spread into a 9-in pie plate. Carefully spread guacamole to within 1 in. of edges.
2. Place sour cream in a small re-sealable plastic bag; cut a small hole and make the web.



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**2016
Benefit
Open
Enrollment**

November 9
Through
November 20

Learn more about all the important facts pertaining to Open Enrollment by reviewing the Open Enrollment newsletter that will be mailed to your home at the end of October and/or by attending an upcoming Open Enrollment presentation:

November 4, 2015

TMB Council Chambers

11:00 AM – 1:00 PM; 2:00 PM — 4:00 PM*

**For those unable to attend a presentation, the November 4th presentation will be recorded and made available before Open Enrollment begins.*

Employees just finished their deadline to qualify for the 2016 Wellness Incentive the end of September. If you met the requirements for the 2016 Wellness Incentive, see the below chart which explains the incentives you will be eligible for based on which health plan option you select for 2016. If you select one of the new high-deductible health plans with a health savings Account (HSA), there is a larger wellness credit applied toward the employee monthly premium contribution and there is a higher City contribution to the HSA.

YEAR	REQUIREMENT	INCENTIVE		
2016	<p>Completion of at least two (2) Wellness Journeys between Jan. 1 and Sept. 30, 2015.</p> <p>Completion of the Annual Health Compass Assessment between Aug. 1 and Sept. 30, 2015.</p>	<p>Employees who met the Wellness Program 2016 Incentive requirement will receive the following credit next year:</p> <ul style="list-style-type: none"> \$20 per month credit toward their premium contribution for medical insurance coverage under the Regence and Group Health Traditional Plans <p>OR</p> <ul style="list-style-type: none"> \$40 per month credit toward their premium contribution for coverage under the Regence and Group Health High Deductible/HSA Health <p><u>Contributions to HSA Accounts</u> Employees who elect a High-Deductible/ HSA Health Plan option for 2016, will <u>additionally</u> receive contributions to an HSA from the City, which will be prorated per pay period throughout the plan year. Employees participating in wellness will receive a higher contribution.</p>		
		WITH WELLNESS		WITHOUT WELLNESS
		Employee Coverage	\$1,250/year	\$500/year
		Family Coverage	\$2,500/year	\$1,000/year