

November/
December
2017

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



2018 WELLNESS INCENTIVE APPEALS PROCESS

Wellness incentive letters were recently mailed to your home address.

This letter informs you whether you did or did not qualify for the 2018 Wellness incentive, according to the RedBrick Health records. If you did not receive this letter or have questions about your qualification status, please contact Wellness Coordinator [Shannon Carmody](#) at (253) 591-2002.

Eligible members are entitled to submit an appeal form for their Wellness incentive determination. This form must be received by Dec. 15, 2017.

Please complete and submit your [appeals form](#) per the instructions. Be as detailed as possible in the explanation section of the form.



IT IS NEVER TOO LATE TO START

Great health is its own reward. But, let's face it, getting rewarded/incentivized 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 portal](#) can help empower you to reach your health and wellness goals!

Register for the Tacoma Employee Wellness Program at any time.

If you have not registered for the program yet, you are missing out. Luckily, the registration process is much simpler than you might think! All you need to do is contact [Shannon Carmody](#) at (253) 591-2002 and let her know that you are interested.

The 2019 incentive period is underway!

Please refer to Page 2 for more information about the exciting requirement changes and visit the [Wellness Microsite](#) to learn more about the incentive.



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Navigating the NEW Look and Feel of RedBrick Health

How has the website changed?

Beginning Oct. 1, 2017, the RedBrick Health Portal has a new look and feel. We are very excited about this improvement and hope that you find the new website to be more engaging, user-friendly, and helpful as you continue to improve and/or maintain your everyday lifestyle habits. Specifically, there are now more ways for you to find the different activities within RedBrick, including Compass Health Assessment, Journeys, Track, and Rewards.

There are three different ways you can earn the 1,000 points required for the 2019 incentive between Oct. 1, 2017 and Sept. 20, 2018:

Option A:

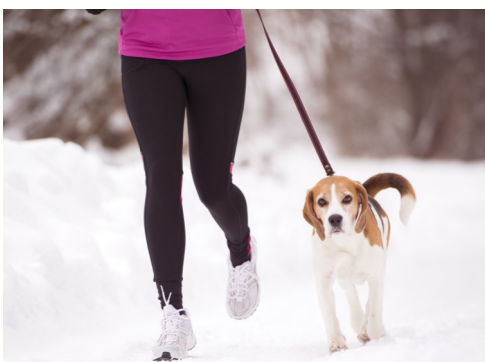
- ✓ Complete the Compass Health Assessment (earn 600 points)
- ✓ Complete two Journeys (earn 200 points per Journey, 400 points)

Option B:

- ✓ Complete the Compass Health Assessment (earn 600 points)
- ✓ Complete Track for 50 days (earn 8 points per day, 400 points)

Option C:

- ✓ Complete the Compass Health Assessment (earn 600 points)
- ✓ Complete one Journey (earn 200 points)
- ✓ Complete Track for 25 days (earn 8 points per day, 200 points)



What is Track?

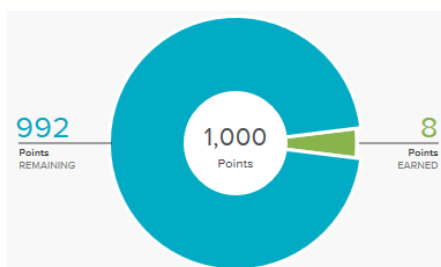
Track is a healthy habits tracker, which allows you to track your exercise, healthy eating habits and wellbeing.

How many points can I earn with Track?

You can earn eight points a day for up to 50 days of tracking (400 points towards your incentive). You do NOT have to Track on consecutive days.

How do I earn eight points a day?

For each day you score 300 on the **Daily Wellness Meter**, you earn eight reward points.



What is the Daily Wellness Meter?

Every activity in Track is assigned a different value, according to its difficulty and duration.

For each day you score 300 on the Wellness Meter, you earn eight reward points. **You can earn this up to 50 times.**

Here are some examples:

- ✓ **Exercise for 30 minutes (Moderate)** and score 300 on the Daily Wellness Meter.
- ✓ **Have breakfast** and score 110 on the Daily Wellness Meter.
- ✓ **Sleep (at least seven to nine hours)** and score 110 on the Daily Wellness Meter.
- ✓ **Get in some steps (at least 3,000)** and score 100 on the Daily Wellness Meter for every 1,000 steps.

How do I get the RedBrick Health app?

Both iPhones and Androids have RedBrick Health apps. Download the app(s) for free and use the activation code **"tew"**.

Can I sync a device or app to RedBrick?

Yes! Once you sync a device or app you will NOT have to manually enter anything into Track. You still need to reach at least 3,000 steps or get 30-minutes of physical activity in for the day to count towards your incentive.

Here is the list of syncable devices and apps:

Sync these devices/apps via the online RedBrick Health Portal:



Jawbone



Withings



Runkeeper



Moves



MapMyFitness

iPhone users can sync their Apple Health app directly with the RedBrick Health app:



Android users will be able to sync the below two apps (available early 2018):



SAMSUNG Health



Google Fit

Simple Life Instructions to Follow

This list was shared last year, but these are great reminders so that we can simply and positively impact our wellbeing and the wellbeing of others.

- Be the first to say, "Hello."
- Be forgiving of yourself and others.
- Commit yourself to constant improvement.
- Take responsibility for every area of your life.
- Say "please" and "thank you".
- Leave everything a little better than you found it.
- Look people in the eye.
- Strive for excellence, not perfection.
- Don't be afraid to say, "I made a mistake." or "I don't know."
- Keep your promises.
- Remember other people's birthdays.
- Never waste an opportunity to tell people how you feel.
- Compliment even small improvements.
- Return all things you borrow.
- Don't expect life to be fair.
- Learn three clean jokes.
- Have a firm handshake.
- Keep it simple.
- Count your blessings.

Source: Attributed to William Snell



November is American Diabetes Month

There are 86 million people (one out of three Americans) that have prediabetes, and nine out of 10 don't know that they have prediabetes. If you have prediabetes and modify your lifestyle choices (i.e., eat healthier and become more active), you can cut your risk of getting Type 2 diabetes in half. [Learn more at cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).

In adults, Type 2 diabetes accounts for approximately 95 percent of all diagnosed cases of diabetes. Those diagnosed with diabetes have a 50 percent higher risk for death compared to those without diabetes due to the higher risk of serious health complications such as blindness, kidney failure, heart disease, stroke, and/or loss of limbs (toes, feet or legs).

Risk factors for Type 2 diabetes: being overweight, having a family history, being physically inactive, being 45 and older.

Symptoms for Type 2 diabetes: urinating often, feeling very thirsty, feeling hungry (even though you are eating), extreme fatigue, blurry vision, cuts/bruises that are slow to heal, and/or tingling, pain or numbness in the hands/feet. Do you know your risk? If not, take the [Type 2 Diabetes Risk Test](#).

Source: [Centers for Disease Control and Prevention website](#).

Winterproof Your Healthy Habits

It isn't uncommon to choose comfy sweaters and hibernation during the colder months. But hibernating does not burn any calories! Here are a few tips that can help you to winterproof your workout and your waistline.

- **Get your motor running.** Studies suggest that fat storage is stimulated during the colder months. So aim to get in at least 30 minutes of exercise on most days. You can stick with your favorite type of exercise OR explore the different types of activities that are typically only offered during the colder months, such as skiing, snowboarding, snowshoeing or even building a snowman.
- **Avoid big sweaters.** Opt for layers that leave a little bit of your silhouette intact.
- **Monitor your carb intake.** Your carb cravings tend to increase when the days get short. Specifically, serotonin tends to be lower in the colder months due to our diminished sunlight. This can leave you tired and hungry. To help counteract the effect of low serotonin, eat protein, dairy products and vegetables for breakfast and lunch. Then, munch on healthy, low-fat carbs (i.e., popcorn, fruit or cereal) in the afternoon before the sun goes down.

Source: Information in this article was adapted from an article written by Maridel Reyes. Learn more at [fitnessmagazine.com](https://www.fitnessmagazine.com).

BALSAMIC & PARMESAN ROASTED CAULIFLOWER

Ingredients:

- 8 cups cauliflower florets
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded parmesan cheese

Directions:

- 1) Preheat oven to 450 degrees
- 2) Toss cauliflower, oil, marjoram, salt and pepper in large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom (15 to 20 minutes). Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated (approximately five to 10 minutes).



Recipe By: EatingWell Test Kitchen

Gluten-free, high fiber, low calorie (152/cup) low carb and vegetarian

Simple and
Healthy
Winter
Recipes

EatingWell.com

Recipe By: EatingWell Test Kitchen

Gluten-free, healthy aging, low calorie (274/serving), and low-carb



CHICKEN BREASTS WITH MUSHROOM CREAM SAUCE

Ingredients:

- two 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shitake mushroom caps
- 2 tablespoons dry vermouth or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives or scallion greens

Directions:

- 1) Season chicken with pepper and salt on both sides.
- 2) Heat oil in medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165 degrees (12 to 15 minutes). Transfer to a plate and tent with foil to keep warm.
- 3) Add shallot to the pan and cook, stirring, until fragrant (~30 seconds). Add mushrooms; cook, stirring occasionally, until tender (~two minutes). Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits (~one minute). Pour in broth and cook until reduced by half (one to two minutes). Stir in cream and chives (or scallions); return to a simmer. Return chicken to the pan, turn to coat with sauce and cook until heated through (~one minute).

SWEET POTATOES WITH WARM BLACK BEAN SALAD

Ingredients:

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon salt
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro

Directions:

- 1) Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center (12 to 15 minutes).
- 2) Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on high until just heated through (two to three minutes). (Alternatively, heat in a saucepan over medium heat)
- 3) When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of source cream and a sprinkle of cilantro.

Recipe By: Susan Herr

Gluten-free, high fiber, low calorie (253/serving), and vegetarian

