Preventive Care Services and Benefits

Preventive care and early detection are important for your long-term health and wellbeing. There are many services available (i.e., check-ups, immunizations, screenings and counseling) that are provided at no cost to help ensure that you and your family stay healthy. This means you won’t have to pay a co-payment, co-insurance, or deductible if you go to an in-network doctor for these services.

What should you know before making a preventive care appointment? It’s always a good idea to check with your medical plan’s customer service staff about your benefits before going to the doctor because:

- Your insurance provider may add new benefits or change existing ones as a result of changing recommendations.
- Your benefits may have limits (based on age or the number of services per year)
- Some services require pre-authorization and must meet guidelines for medical necessity.

What type(s) of preventive care services and screenings are available to you and your family at no cost?

- Annual wellness check-ups (once-a-year preventive visits for individuals four years and older)
- Cholesterol and lipid disorder screenings
- Colonoscopy (age 50+ or at high risk)
- Depression screening
- Diabetes screening (adults with high blood pressure)
- Lung cancer screening (adults age 55-80 or at high risk)
- Mammogram (breast cancer screening for women age 40+ or at high risk)
- Pap test (cervical cancer screening for women age 21-65)
- Prostate cancer screening (men age 40+)
- Well Child visits (newborn - three years)

Please refer to Page 3 for preventive and routine immunizations based on age.
JOIN THE CHALLENGE

New Year, New You!

New Year, New You is a six-week team-based challenge designed to provide the motivation and support you need to help make your New Year’s healthy resolutions a reality.

Registration: Jan. 8 - 26, 2018

Team(s): Employees create their own teams, which can have anywhere between one and 10 members.

Challenge Duration: January 15 - February 25, 2018

Rules: You can earn points on a daily basis (up to a maximum of 1,500) as you begin to move more and eat better. Please refer to the activity points table (on the right) to learn more about how your activities can add up. For the grand prize, team activity points are averaged, so all teams have an equal chance of winning.

Weekly Prizes: There will be weekly drawings for employees who earn an average of 300 points each day throughout the week:

- Jan. 16 (registration drawing)
- Jan. 23
- Jan. 30
- Feb. 6
- Feb. 13
- Feb. 20

The weekly drawing winners will receive a gym bag, cooler and sports bottle.

<table>
<thead>
<tr>
<th>Get Active</th>
<th>Eat Healthy</th>
<th>Points</th>
<th>Live Well</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Belonging</td>
<td>110</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Fruit: 950g</td>
<td>Focused Relaxation</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Half Whole Grains</td>
<td>Friends and Family</td>
<td>80</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Yardwork</td>
<td>Healthy Fats</td>
<td>90</td>
<td>Goal Tracking</td>
<td>90</td>
</tr>
<tr>
<td>Golf</td>
<td>Healthy Snacks</td>
<td>90</td>
<td>Involvement</td>
<td>90</td>
</tr>
<tr>
<td>Cardio Machine</td>
<td>Lean Protein</td>
<td>90</td>
<td>Leisure</td>
<td>80</td>
</tr>
<tr>
<td>Walking</td>
<td>No Sweets</td>
<td>110</td>
<td>Less TV</td>
<td>70</td>
</tr>
<tr>
<td>Downhill Skiing</td>
<td>Real Food</td>
<td>90</td>
<td>Learning</td>
<td>90</td>
</tr>
<tr>
<td>Racquet Sports</td>
<td>Slower Meals</td>
<td>80</td>
<td>Priority Setting</td>
<td>123</td>
</tr>
<tr>
<td>Veggies 2 1/2 Cups</td>
<td>Sleep</td>
<td>110</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>Time Outside</td>
<td>70</td>
<td>90</td>
<td></td>
</tr>
</tbody>
</table>

What is the Grand Prize?

The winning team members will each be awarded a Fitbit Charge 2, which is a heart rate and fitness wristband that tracks activity, exercise and sleep.

Did you know? Fitbits are one of the wearable devices that you can sync directly with RedBrick to simplify your experience. Once synced, your steps and physical activity minutes will automatically upload to accumulate towards your incentive requirements.
Nov. 21, 2013 is a day that I do not think about unless I am asked to recall it. What I do remember is surviving colon cancer through family and friends.

I was only 48 years old, so not old enough according to the medical standards for a routine colonoscopy. I had yearly routine check-ups with absolutely no signs of cancer until that day in late fall. I am glad I did not ignore the sign that would follow.

In 2013, I was a softball coach for U16 Girls and at a tournament in South Tacoma for the weekend. The game had started and I was standing outside of the protection of the fences, which I had never done. As I was coaching, looking in another direction, I was struck in the abdomen by a softball. I had immediate pain and thought what a powerful throw by one of my girls! I was excited for her focus. Well, the pain lasted through the weekend so I decided to get checked out and saw my general practitioner. I left the doctor with no worries, and was told to come back if I had any further issues. About a month later, I still had issues so I decided to continue my wellness journey and, on Nov. 21, 2013, went in for a colonoscopy because of the continued pain.

At the conclusion of the procedure, my gastroenterologist advised my wife and me that I had cancer. I asked if there could be a mistake and maybe we could do another check. The doctor said he was pretty sure of the diagnosis as the mass was so big he could not complete the colonoscopy. Five days later, I went in for surgery. I went through almost two months of hospitalization while fighting the battle, four surgeries, no food or liquid by mouth for over seven months, an ileostomy bag, and six months of chemotherapy just to name a few of the challenges.

The challenges I faced through my journey with cancer almost beat me three times during the process, but today I am almost four years cancer-free thanks to the great degree of support I was given by my family and friends (from work and the friends from my West Narrows soccer family). The prayers, donated sick time, and donated meals were actions appreciated more than one could ever imagine. I was brought to tears every time I saw my girls able to eat a home-cooked meal donated by friends. It was, however, the simplest thing that was the biggest help. My wife, Jodi; daughters, Grace, Nicole and Myranda; and my brother Gary were there 24/7 during the two months of hospitalization I had to endure, which made it possible.

This question was asked of me a couple of times but I had never asked myself, “Why me.” It never dawned on me to give this to someone else. However, I am emotional every time I think of the pain my family had to endure while I faced these challenges. Because of them, I pay more attention and get regular check-ups. My wellness check-ups are not just for cancer but for my entire wellbeing. I have learned that my sustainable wellness which I can control is up to me. I drink more water and walk on average 30 miles a week. I only know this as I have a Fitbit, the best present ever as it keeps me honest. My health has allowed me back to work full-time with the Tacoma Police Department.

I volunteered to share my journey and recognize that there are people who are going through the same or more severe challenges. I want you to know that you are not alone and we must communicate to deal with the journey set before us. I also want to encourage those of you who are lucky enough to be healthy to not ignore the sign that might be generated for you. I had no signs of illness and no family history of cancer. Get regular check-ups and pay attention to your body as your sign may come in an unorthodox way, as mine came in the form of a softball.

— Mahalo, A.D. Roberts

Preventive Care Cont.

Here is the list of recommended immunizations/vaccinations to protect your health.

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>Age</th>
<th>Vaccination</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphtheria, pertussis</td>
<td>Adults and Children</td>
<td>Measles, mumps, rubella (MMR)</td>
<td>Adults and Children</td>
</tr>
<tr>
<td>(whooping cough), tetanus (DPT)</td>
<td></td>
<td>Meningococcal (meningitis)</td>
<td>Adults and Children</td>
</tr>
<tr>
<td>Hepatitis A and B</td>
<td>Adults and Children</td>
<td>Pneumococcal (pneumonia)</td>
<td>Adults and Children</td>
</tr>
<tr>
<td>Human Papillomavirus</td>
<td>Up to 27</td>
<td>Rotavirus (severe diarrhea)</td>
<td>Children (all ages)</td>
</tr>
<tr>
<td>(HPV)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inactivated Polio</td>
<td>Children (all ages)</td>
<td>Varicella (chicken pox)</td>
<td>Adults and Children</td>
</tr>
<tr>
<td>Influenza (flu shot)</td>
<td>Adults and children</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the comprehensive list of preventive services offered through your medical provider, go to healthy.kaiserpermanente.org (Kaiser Permanente) or regence.com (Regence BlueShield) and search “Preventive Care”.

Regency BlueShield
Wellness Program Resources

Employee Wellness Centers. There are two on-site Employee Wellness Centers (EWCs) available to all City employees. These facilities were designed to be convenient and safe places for employees to improve and/or maintain their health and wellbeing. Visit wellness.cityoftacoma.org to learn more.

Gym Membership Discounts. There are 30 different gyms that offer discounts to City of Tacoma Employees and their family members. Visit wellness.cityoftacoma.org/wellness--discounts to view the list.

Weight Watchers @ Work. The City of Tacoma Weight Watchers groups collectively lost 824 pounds in 19 weeks. To learn more about how you can participate in this program, contact your Wellness Coordinator wellness@cityoftacoma.org.

Tacoma Employee Wellness (TEW) Program

How can I save money towards my health insurance? City of Tacoma employees who enroll in a City medical plan could qualify for a health insurance premium discount if they meet certain requirements within RedBrick.

What is RedBrick? RedBrick is a fun and engaging online tool that allows employees to track their healthy habits, create goals, and focus on improving their everyday lifestyle habits (i.e., finances, eating habits) and conditions (i.e., arthritis, back problems, diabetes).

How do I participate? For general questions regarding RedBrick, or the incentive, please visit the TEW microsite at wellness.cityoftacoma.org or contact your Wellness Coordinator at wellness@cityoftacoma.org.

Forgot your password or username for RedBrick? You can reset your password or retrieve your username by visiting https://tew.redbrickhealth.com.