

January  
2018

SPECIAL  
EDITION

NEWSLETTER OF THE  
CITY OF TACOMA

HealthVine

## Important Wellness Committee Message



**The Tacoma Employee Wellness (TEW) program is officially three years old!**

We value your wellbeing and are pleased to offer a simple, social and fun wellness program that encourages and rewards a healthy lifestyle. We are committed to continually enhancing the program to ensure that it remains exciting and enjoyable to all. Whether you're already living a healthy lifestyle or beginning to make some changes, the TEW program is designed to help empower you to reach your health and wellness goals.

**Did you know?** Participation in this voluntary program can save eligible employees hundreds of dollars on an annual basis.

Your Wellness Committee wishes you a healthy and joyous 2018!

- Alice Phillips
- Kari Louie
- Roberta Burnett
- Jim Sant
- Matt Frank
- Gwen Schuler
- Terra Ament
- Shannon Carmody



## 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.

Get Active	Eat Healthy	Points	Live Well	Points
<p>Time-based activities credits 10 points per minute for moderate activity. For example, 45 minutes of exercise would count for 450 points.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Cardio Machine</p> </div> <div style="width: 50%;"> <p>Walking</p> </div> <div style="width: 50%;"> <p>Yardwork</p> </div> <div style="width: 50%;"> <p>Golf</p> </div> </div> <p>Low-intensity activities are worth 50 percent of moderate activities.</p> <p>High intensity activities are worth 200 percent of moderate activities.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Downhill Skiing</p> </div> <div style="width: 50%;"> <p>Racquet Sports</p> </div> </div> <p>Step-based activities credit 0.10 points per step (recorded as moderate-intensity activity). For example, if you get 7,153 steps in for the day, you will earn 716 points.</p> <div style="width: 100%;"> <p>Steps</p> </div>	<p>Breakfast</p>	110	<p>Belonging</p>	90
	<p>Fruit: 950g</p>	80	<p>Focused Relaxation</p>	100
	<p>Half Whole Grains</p>	80	<p>Friends and Family</p>	80
	<p>Healthy Fats</p>	90	<p>Goal Tracking</p>	90
	<p>Healthy Snacks</p>	90	<p>Involvement</p>	90
	<p>Lean Protein</p>	90	<p>Leisure</p>	80
	<p>No Sweets</p>	110	<p>Less TV</p>	70
	<p>Real Food</p>	90	<p>Learning</p>	90
	<p>Slower Meals</p>	80	<p>Priority Setting</p> <p>123</p>	110
	<p>Veggies 2 1/2 Cups</p>	110	<p>Sleep</p>	110
<p>Water</p>	70	<p>Time Outside</p>	90	

## 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.



# EMPLOYEE SPOTLIGHT

LIEUTENANT ALAN (A.D.) ROBERTS  
TACOMA POLICE DEPARTMENT

## Surviving Colon Cancer Through Family and Friends



*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.

Vaccination	Age
Diphtheria, pertussis (whooping cough), tetanus (DPT)	Adults and Children
Hepatitis A and B	Adults and Children
Human Papillomavirus (HPV)	Up to 27
Inactivated Polio	Children (all ages)
Influenza (flu shot)	Adults and children

Vaccination	Age
Measles, mumps, rubella (MMR)	Adults and Children
Meningococcal (meningitis)	Adults and Children
Pneumococcal (pneumonia)	Adults and Children
Rotavirus (severe diarrhea)	Children (all ages)
Varicella (chicken pox)	Adults and Children

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



City of Tacoma  
 Human Resources Department  
 Employee Wellness  
 747 Market Street, Room 1420  
 Tacoma, WA 98402

### 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](http://wellness.cityoftacoma.org) or contact your Wellness Coordinator at [wellness@cityoftacoma.org](mailto: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>.

# HealthVine Special Edition Newsletter

## 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](http://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](http://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](mailto:wellness@cityoftacoma.org)).

### INSIDE THIS ISSUE:

- IMPORTANCE OF PREVENTIVE CARE • P.1
- IMPORTANT WELLNESS MESSAGE • P.1
- 'NEW YEAR, NEW YOU' RALLY • P.2
- WIN A FITBIT • P.2
- EMPLOYEE SPOTLIGHT (LT. ROBERTS) • P.3
- PREVENTIVE CARE SERVICES • P.3

# JAN/2018