

May
2018

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



TACOMA EMPLOYEE WELLNESS SURVEY

COMING SOON! We encourage you to participate in this survey, whether or not you participate in the RedBrick Health portal. Your feedback is important as we continue to grow and improve our Wellness program. We look forward to hearing what type of activities, classes, campaigns, and other program enhancements you believe would support your efforts as you continue to practice (and improve) your everyday habits.



The survey should take you five to 10 minutes to complete. Stay tuned for more information via email!



May is Stroke Awareness Month

Healthy brains begin with healthy habits: Keeping your brain healthy can help reduce your risk for stroke, which is a leading cause of death and the top preventable cause of disability.

- **Get enough sleep.** You should be getting 7-9 hours of sleep a day to lower your risk for heart disease and stroke.
- **Be socially active.** Observational studies have shown that people with poor social support or networks are at higher risk for stroke and heart disease.
- **Eat healthy.** The recommended daily intake for sodium is 1,500 milligrams.
- **Exercise.** We should all be aiming to get at least 30 minutes every day.
- **Get Regular Checkups.** Schedule regular visits with your doctor and talk to your doctor about your risks and ways to reduce them.
- **Don't smoke.** If you smoke, stop.

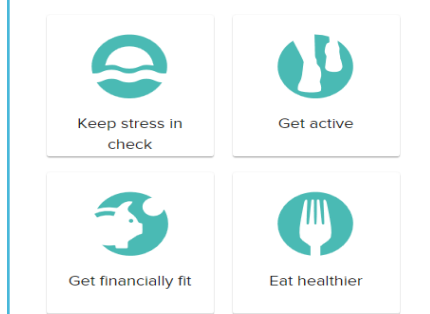
Five things everyone should know about stroke:

- **Even super heroes are in danger.** Stroke risk increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are three times at risk of suffering one yourself.
- **Stroke targets by race.** Black people have nearly twice the risk that white people do for a first-ever stroke.
- **High blood pressure is stroke's public enemy #1.** Three out of four people who suffer first strokes have high blood pressure.
- **A stroke is largely treatable.** Clot-busting drugs and medical devices have made a stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to recover without permanent disability.



How to Save at Least \$240 in 2019

Discover what's right for you.



Below are your options to qualify for the 2019 Wellness incentive. All activities can be completed any time between Oct. 1, 2017 and Sept. 30, 2018:

Option A

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

Option B

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

Option C

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

What is Track?

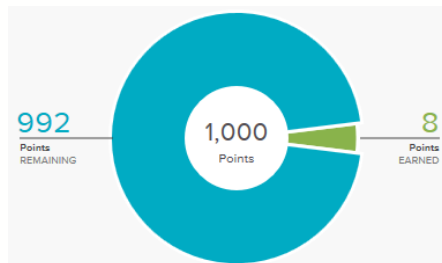
Track is a healthy habits tracker, which allows you to track your exercise, healthy eating habits and wellbeing habits.

How many points can I earn with Track?

You can earn eight points a day for up to 50 days of tracking (400 points total 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 daily 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 will earn your eight daily reward points. **You can earn this up to 50 times.**

Here are some examples:

- ✓ **Exercise for 30 minutes (moderate):** Score 300 on the Daily Wellness Meter.
- ✓ **Breakfast:** Score 110 on the Daily Wellness Meter.
- ✓ **Sleep (at least 7-9 hours):** Score 110 on the Daily Wellness Meter.
- ✓ **Steps (at least 3,000):** Score 100 on the Daily Wellness Meter for every 1,000 steps.

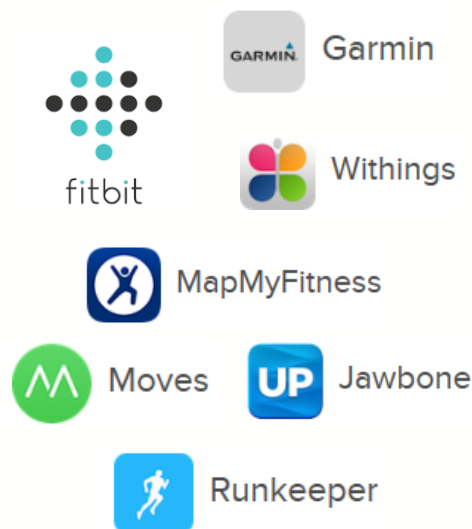
How do I get the RedBrick Health app?

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

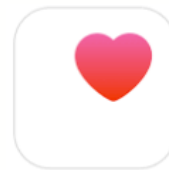
Can I sync a device or app to RedBrick?

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 for the day to count towards your incentive.

Here is the list of syncable devices and apps:



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



Android users will be able to sync the two apps below later in 2018:



SPRING CHALLENGE

Pinky Swear



Make a promise to better health by joining the **Pinky Swear Challenge**, which is a four-week rally where you pledge to eat better and exercise more in friendly competition with your co-workers.

Registration: May 14—May 31, 2018

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

Challenge Duration: May 21—June 21, 2018

Rules: You can earn points on a daily basis (up to a maximum of 1,500) as you begin to move more, eat better and live well. Please refer to the activity points table (on the right) to learn more about how your activities can add up.

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

- ✓ May 30 (for tracking May 21—27)
- ✓ June 6 (for tracking May 28—June 3)
- ✓ June 13 (for tracking June 4—10)
- ✓ June 20 (for tracking June 11—17)
- ✓ June 27 (for tracking June 18—21)

The weekly drawing winners will receive 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.

Get Active	Eat Healthy	Points	Live Well	Points
<p>Time-based activities credit 10 points per minute for moderate activity. For example, 45 minutes of exercise would count for 450 points.</p> <div> <div>Cardio Machine</div> <div>Walking</div> <div>Yardwork</div> <div>Golf</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> <div>Downhill Skiing</div> <div>Racquet Sports</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>Steps</div>	Breakfast	110	Belonging	90
	Fruit: 950g	80	Focused Relaxation	100
	Half Whole Grains	80	Friends and Family	80
	Healthy Fats	90	Goal Tracking	90
	Healthy Snacks	90	Involvement	90
	Lean Protein	90	Leisure	80
	No Sweets	110	Less TV	70
	Real Food	90	Learning	90
	Slower Meals	80	Priority Setting	110
	Veggies 2 1/2 Cups	110	Sleep	110
	Water	70	Time Outside	90

Grand Prize Winners (Two Teams)

We will award the winning team with the **highest average points** and the team with the **highest cumulative points**. The winning team members from each team will each be awarded a **\$100 Gift Card**.

What if there is a tie? If there is a tie in either category, RedBrick will conduct a random draw to select the winning team.



RedBrick Customer Service Testimonial

At the Tacoma Public Library, we are all about finding the correct answer to whatever question patrons might bring us. We provide verifiable answers. We DO NOT GUESS!

So, when I had trouble navigating the RedBrick website, I didn't poke around and guess at the answers to my questions. Since I didn't find a simple "Help" tab, I went to the "Contact Us" button in the site's super footer, resigned to sending an email and waiting hours or days for an answer.

BUT, there was an 877 number. I called. Wow, am I glad I made that call!

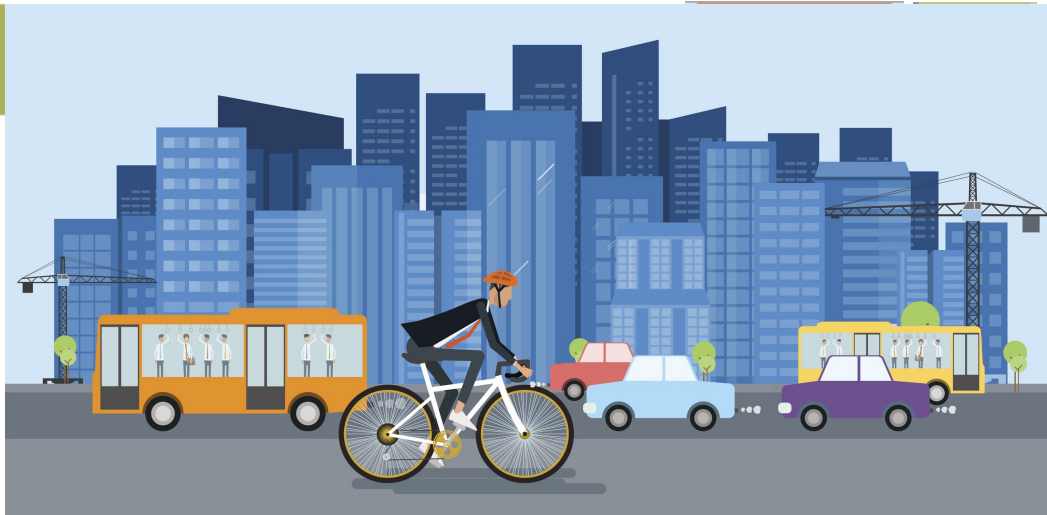
The RedBrick staffer verified my address. I'd moved since the City of Tacoma began the Wellness program, but the operator worked with me to sort that out. Then, she made sure she understood what I was trying to accomplish. She was able to help right then, whether or not I was logged into the website.

In the next four minutes, I learned a simplified way to navigate through the website. I mastered an easy way to limit the number of Journeys I was on, so I could keep closer tabs on my progress. I got a quick review of what is meant by "journey", "step", "stage" and "challenge step". At one point, the operator put me on a brief hold to verify her answer to one of my questions. She asked if I had questions about syncing my device, or using the "track" feature.

After the call, one of my City of Tacoma co-workers asked, "Were you just talking to a REAL PERSON about the RedBrick website? It sounded so easy! It sounded like they wanted to help." Smugly I replied, "Hey, hearing is believing."

So be like this Library guy: DO NOT GUESS about the RedBrick website. MAKE THE CALL to (877) 278-5241. You will be glad you did.

— Andy Bartels, Kobetich Branch



May is Bike Month

During the month of May, the City of Tacoma, in partnership with Pierce County and Pierce Transit, celebrate Bike Month. Lots of bike-related events and activities have been planned, and details can be found on BIKE253.com or cityoftacoma.org/bikemonth.

Bike Everywhere Challenge: Register, Ride and Win

Participate in the Bike Everywhere Challenge and be entered to win great prizes. All you have to do is ride your bike in May and log your trips on PierceTrips.com. Ride to the park, ride to the grocery store, ride to work, to any of your destinations.

- Register at PierceTrips.com.
- Bike anywhere (park, library, school, church, etc.).
- Log your trips on Pierce Trips' Trip Calendar online or use their mobile app.
- Participate as an individual or as part of a team.
- Win gift cards to local businesses.

Bike to a Business

Downtown On the Go is hosting its 2018 Bike to a Business Program, which is designed to help get people moving around town without their cars. Biking can be a great way to save money on transportation. Each month, they highlight a different local business that offers an additional way for customers to save when they arrive by bike.

Bike Month Events

Bike Month Proclamation: Tuesday, May 1, at 5 p.m., at the Tacoma Municipal Building in Council Chambers (747 Market St., first floor)

Bike to Market Day: Thursday, May 3, from 10 a.m. to 3 p.m., at the Broadway Farmers Market (Broadway Street between South 9th and South 11th streets)

National Bike to School Day: On Thursday, May 10, thousands of students, families, community partners, and elected officials around the country will celebrate the benefits of biking and walking to school during this all-day event.

Bike to a Better Tacoma: Wednesday, May 16, from 4:30 – 6:30 p.m., at 7 Seas Brewing (2101 Jefferson Ave.)

Bike to Work Day: Friday, May 18, from 7 – 10 a.m. at People's Park (900 S. Martin Luther King, Jr. Way)

Old Places, New Spaces: Adaptively Reused Trails Bike Tour: Friday, May 25, from 5:15 – 7 p.m., starting and ending at 7 Seas Brewing (2101 Jefferson Ave.)