

June/
July
2018

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



WANT TO SAVE AT LEAST \$240 IN 2019?



Start working on your 2019 incentive requirements TODAY!

As a reminder, there are 3 different ways you can earn 1000 points between Oct. 1, 2017 and Sept. 30, 2018:

Option A:

- Complete the Health Compass (earn 600 points)
- Complete two Journeys (earn 200 points per Journey)

Option B:

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

Option C:

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

To learn more about the monetary incentive, please go to wellness.cityoftacoma.org/wellness-incentives.



SUMMER INCENTIVE CAMPAIGN: DON'T MISS YOUR CHANCE(S) TO WIN!

Summer in the Pacific Northwest is a great time to start or continue healthy habits. The region's natural beauty and agricultural abundance is sure to inspire you to explore new activities, such as hiking, biking, rowing, or incorporating more fruits and vegetables into your diet. The Tacoma Employee Wellness (TEW) program wants to help keep you engaged in your health. For every RedBrick Journey you complete (or have completed), you will be entered to win a **\$50 gift card**. **Two winners will be selected at each draw date.**

Drawing Dates: July 11, July 25, Aug. 8, Aug. 22 and Sept. 5.

Example: If you have already completed two Journeys this year, and do not have time to complete another one before July 11, you will still get TWO entries into the first drawing. But then, if you end up completing one more Journey by the second drawing, you will be entered into that drawing THREE times (since you have now completed three Journeys)! In short, you get entered into each drawing based on the total number of Journeys you have completed by the draw date.

Stay tuned for more information about the Summer Incentive. In the meantime, visit <https://tew.redbrickhealth.com> to work on Journeys or other incentive requirements.

SHARE YOUR WELLNESS STORY/PICTURES. Please share your wellness/health story and pictures to wellness@cityoftacoma.org.

Wellness Champion Opportunities

Do you want to help create excitement around leading a healthy lifestyle?

You can by volunteering to be a Wellness Champion for the Tacoma Employee Wellness Program!

ROLES AND RESPONSIBILITIES

- Serve as a liaison between the Tacoma Employee Wellness Program and your work department/location.
- Assist with and provide feedback for Tacoma Employee Wellness activities and events (e.g. Health Fairs).
- Recommend improvements and solutions.
- Distribute program materials for communications, activities and events.
- Attend Wellness Champion meetings/trainings (~ 2 hours/month). *Supervisor approval will be required.*

HOW TO APPLY

Please contact Shannon Carmody at wellness@cityoftacoma.org or (253) 591-2002.

CURRENT TEAM MEMBERS

- **Andy Bartels**, Library Assistant, Kobetich Library (TPL)
- **Beverly Pinkerton**, Training Analyst, Customer Services Training/Performance Solutions (TPU)
- **Chris Hartman**, Management Analyst II, Environmental Services (CTP)
- **Kristin Ely**, Program Development Specialist, Neighborhood and Community Services (TMB)
- **Michelle Davidson**, Financial Assistant, Tacoma Water (TPU)
- **Michele Nelson**, Utility Services Rep II, T&D Services Engineering (TPU)
- **Michelle Petrich**, Court Administrator, Tacoma Municipal Court (TMC)
- **Richelle Krienke**, Senior Buyer, Finance, Procurement & Payables (TPU)
- **Troy Wells**, Custodian, TPU Building Maintenance (TPU)

Men's Health & Recommended Screenings

Regular checkups and screenings can help you discover or prevent potential health problems. Early detection is crucial in treating the following conditions affecting men:



Testicular cancer: Cancer of the testes is the most common type of cancer in American men ages 29-35. The following are considered at-risk groups, according to the American Cancer Society (ACS): males ages 15-35 (especially Caucasians), men with a family history of testicular cancer, and those who had an undescended testicle at birth. Monthly self-examinations for lumps are crucial, as often there are no other symptoms in the early stages.

Enlarged prostate: The prostate becomes enlarged in nearly all men over age 50 and one of every 10 men experience a constricted urethra due to this enlargement, which makes urination difficult or, in extreme cases, blocks the flow of urine altogether. African-American men are especially prone to this condition. The National Institute of Diabetes and Digestive and Kidney Diseases says you should look for these symptoms of prostate enlargement:

- Frequent urination
- Difficult in starting flow of urine
- Sleeplessness due to need to urinate at night
- Dribbling after the end of urination

Report these symptoms to your physician, who will conduct appropriate testing.

Prostate cancer: Prostate cancer is the most common type of cancer among American men (besides skin cancer). According to the National Cancer Institute you are at-risk if you fall into one of the following groups:

- You are over 45 (especially African-Americans)
- You have a family history of prostate cancer
- You eat a high-fat diet

All men should consult their doctor to assess their potential risk and discuss an appropriate screening strategy. Periodic screenings using a digital rectal exam or a prostate specific antigen test may detect prostate cancer in its early stages.

Colon and rectal problems: Cancer of the colon or rectum is the third most common form of cancer among American men. There are several tests used to screen for colorectal cancer, but the American Cancer Society (ACS) recommends that men 50 and older have a yearly fecal occult blood test and a sigmoidoscopy every five years.

Information in this section was adapted from StayWell Company, LLC © 2018

Safety Talk On Exercise

Information in this section was provided by the City of Tacoma's Safety and Health Division



How much exercise do I need?

Talk to your doctor about how much exercise is right for you. This is especially important if you haven't been active, if you have any health problems, or if you're pregnant.

A good goal for many people is to work up to exercising 4 to 6 times a week for 30 to 60 minutes at a time. Remember, though, that exercise has so many benefits that any amount is better than none.

Benefits of regular exercise:

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes, and obesity.
- Keeps joints, tendons, and ligaments flexible so it's easier to move around.
- Reduces some of the effects of aging.
- Contributes to your mental well-being and helps treat depression.
- Helps relieve stress and anxiety.
- Increases your energy and endurance.
- Helps you sleep better.
- Helps you maintain a normal weight by increasing your metabolism (the rate you burn calories).

How do I get started?

Sneak exercise into your day

- Take the stairs instead of the elevator.
- Go for a walk during your coffee break or lunch.
- Walk all or part of the way to work.
- Do housework at a fast pace.
- Rake leaves or other yard work.
- Start out slowly. If you've been inactive for years, you can't run the Boston Marathon after 2 weeks of training. Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.

How do I stick with it?

Here are some tips that will help you start and stick with an exercise program:

- **Choose something you like to do.** Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.
- **Get a partner.** Exercising with someone else can make it more fun.
- **Vary your routine.** You may be less likely to get bored or injured if you change your routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like chopping wood.
- **Choose a comfortable time of day.** Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- **Don't get discouraged.** It can take weeks or months before you notice some of the changes from exercise.
- **Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Stop if you hurt.
- **Make exercise fun.** Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play tennis.

How can I prevent injuries?

Start every workout with a warm-up. That will make your muscles and joints more flexible. Spend 5 to 10 minutes doing some light calisthenics and stretching exercises, and perhaps brisk walking. Do the same thing when you're done working out until your heart rate returns to normal.

Pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint or nauseated, or have pain.

What is the best exercise?

The best exercise is the one that you will do. Walking is considered one of the best choices because it's easy, safe and cheap. Brisk walking can burn as many calories as running, but is less likely than running or jogging to cause injuries. And it doesn't require any training or special equipment, except for good shoes.

Walking is an aerobic and weight-bearing exercise, so it is good for your heart and helps prevent osteoporosis.

Scrambled Words: YESBITO, RTENUOI

Upcoming Wellness Webinars

Nutrition in the Fast Lane — No time for meal planning? Learn how to eat healthier while at restaurants and on the go. **July 18th from 10 to 10:30 a.m.**

Investing Behavior Traps and Tips — The way we think about our investments and how we react to the ups and downs of the market can trap us financially. Learn some steps you can take to avoid these pitfalls. **July 31st at 9 a.m. or 12 (noon) p.m.**

Stay tuned for registration information, which will be distributed by your Wellness Coordinator.

Summer Hiking Options

Source: This information was provided by the Washington Trails Association. Please visit their website at wta.org for more information on hiking safety, etiquette, trail options and MORE!

The Washington Trails Association's hiking guide is the most comprehensive database of hikes in Washington, and comprises content from eight guidebooks, user submitted info, and data compiled by WTA.

Below is a random selection of Washington hikes that are both dog and kid-friendly and have four to five star ratings.

BERTHA MAY AND GRANITE LAKES

Where: South Cascades—White Pass/Cowlitz River Valley

Distance: 4 miles, roundtrip

Visit several charming lakes just south of Mount Rainier National Park using a pleasant little trail. Granite Lake is a beautiful place for a dip, while Bertha May and Cora Lake offer good fishing.

BECKLER PEAK

Where: Central Cascades—Stevens Pass—West

Distance: 7.6 miles, roundtrip

Hike a re-built trail adjacent to the Wild Sky Wilderness. The trail takes you through an old-growth forest to summit views of Glacier Peak, Baring, Index, the Monte Cristo Range, and Evergreen Mountain. It's easy to get to and provides great rewards for your effort. The trail has a gentle grade, it is well built, and suitable for kids.

DES MOINES CREEK TRAIL

Where: Puget Sound and Islands—Seattle/Tacoma Area

Distance: 4 miles, roundtrip

Hike along a steep-sided ravine with some highly eroded banks. Enjoy the deciduous forest with a few large trees, and appreciate the moss and ferns along the creek. There's also an option to extend your hike to include the historic district of Des Moines Beach Park, and stroll out onto the Des Moines Public Fishing Pier for the view.

FRANKLIN FALLS

Where: Snoqualmie Region—Snoqualmie Pass

Distance: 2 miles, roundtrip

Hiking with kids, new to hiking, or just looking for an easy day hike with a spectacular endpoint? Look no further than Franklin Falls! At just 2 miles and 400 feet in elevation gain, it is the perfect destination for any hiker.

GREENWATER TRAIL TO LOST LAKES

Where: Mount Rainier Area—Chinook Pass—Hwy 410

Distance: 12 miles, roundtrip

Take the trail less traveled by and visit some quiet lakes near Mount Rainier. Or, continue on to extensive views afforded by Noble Knob.

HELIOTROPE RIDGE

Where: North Cascades—Mount Baker Area

Distance: 5.5 miles, roundtrip

If you'd like nose-to-nose access to Mount Baker, this first-rate woody walk delivers. Over a relatively short, well-maintained trail with mild elevation gain, you can be glacier-side in no time ... if the creek crossings allow.

LACAMAS PARK—LACAMAS CREEK

Where: Southwest Washington—Vancouver Area

Distance: 4.5 miles, roundtrip

Lacamas Lake Park is a diverse natural area. Picnic by the lake, check out the Camas meadow in bloom, or explore the forest and creeks along the many trails. This hike describes a "lollipop" loop starting at the south end of the park, visiting the Lower Falls, then circling around through the park past Round Lake and returning along Lacamas Creek.

MARMOT PASS—UPPER BIG QUILCENE

Where: Olympic Peninsula—Hood Canal

Distance: 11.5 miles, roundtrip

Marmot Pass offers great views and a gentle hike through old-growth forest as well as high meadows. It is a great day hike, but also offers a great starting place for a variety of overnight options.

Wellness Survey Results

We truly appreciate everyone who took the time to complete the City of Tacoma Employee Wellness Survey (N = 691).

We intend to use the feedback to improve and grow the Tacoma Employee Wellness Program by offering more tools and resources that complement the healthy lifestyle habits that employees currently practice and to also motivate/assist employees who want to adopt healthier behaviors.

What's next? Your Wellness Committee is reviewing the feedback provided to determine common themes and interests. This will allow us to prioritize and budget for additions and enhancements to the Tacoma Employee Wellness Program.

Google Fit Sync Option

This single integration opens up an ability for you to also automatically pull data from over 40 other apps and devices such as Nike+ Run Club, various Under Armour apps, Strava and Polar devices. [See the full list here.](#)

Unlike the single-metric integration, such as steps or minutes offered by other apps, the collaboration between RedBrick and Google Fit will allow for the conversion of a dozen activities into specific trackables. For example, if your Google Fit app tracks your biking activity, it will also automatically show up as biking under Track within RedBrick.

Questions? Contact RedBrick Customer Service at 877-278-5241.