



TACOMA  
EMPLOYEE WELLNESS  
Growing with Better Health

## 2020 Wellness Incentive Period Requirements (October 1, 2018 — September 30, 2019)

**There are 3 different ways you can earn 1000 points beginning October 1, 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)

**\*ALL activities can be completed between October 1, 2018 and September 30, 2019\***

## **Definitions**

**Health Compass:** This is a simple, quick, and engaging health assessment tool that takes 15-20 minutes to complete. There are approximately 50 questions available to gather information about several health related areas such as, alcohol, cardiovascular risk, nutrition, physical activity, stress, tobacco, weight, work productivity, etc. This process provides employees with personalized information about their strengths, weaknesses, and areas of risk. Your answers are kept private and will not be shared with the City of Tacoma.

**Journeys:** A Journey takes a big goal like eating healthier and breaks it down into small achievable steps. Each Journey starts with a few questions to personalize the experience for the participant. A Journey is made up of several stages and each stage has many steps for employees to choose from. When enough experience points in one stage have been earned, a challenge step will be offered. When a challenge step is completed, the individual can proceed to the next stage in their Journey.

**Track:** Track is a healthy habits tracker, which allows you to track your exercise, healthy eating habits and wellbeing habits. Participants can also sync their favorite devices and apps to Track so that they update automatically.

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