

OCT
2018

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine

UPCOMING WEBINARS



Meal Planning Reset: Learn how to better plan, purchase and prepare your foods for healthier meals.

Oct. 19 from 3 to 3:30 p.m.

Retirement Savings

Drawdown: You've planned, you've saved, now what? You may need to draw down your savings to meet ongoing and periodic expenses over many years, while also providing for loved ones. Many uncertainties exist, and you don't want to over or underspend. Learn about distribution strategies commonly used for retirement savings.

Oct. 30 at 9 a.m. or Noon

Visit the [Events Calendar](http://EventsCalendar.wellness.cityoftacoma.org) at wellness.cityoftacoma.org to register for these webinars.

Additional Information

Attending a City-sponsored onsite event or webinar now counts towards your Wellness incentive requirements. If you attend an onsite event, you will automatically be awarded points the following month. If you watch a webinar, there is a verification form that you will need to submit for credit.




2020 INCENTIVE IS UNDERWAY!

Our 2020 incentive period is from October 1, 2018 through September 30, 2019. Your goal is to earn 1,000 points and now you have more ways to do so!

Activity	Reward Value	Frequency
Complete the Compass Health Assessment	400 points	1x / Plan Year
Complete a Stage in a Journey	10 points	3x / Monthly
Complete a Journey	200 points	3x / Plan Year
Track your Activities (>300 Wellness Meter)	5 points	120x / Plan Year
Sync your Device	10 points	1x / Plan Year
Participate in a RedBrick Challenge	50 points	2x / Plan Year
Attend a City of Tacoma Webinar or Onsite Event*	25 points	4x / Plan Year
Complete Your Annual Physical*	200 points	1x / Plan Year
Certified Weight Management Program*	200 points	2x / Plan Year

*Please visit tew.redbrickhealth.com to learn more about these new options.



2018 Tacoma Employee Wellness Survey Results


Employees were recently surveyed regarding the Tacoma Employee Wellness Program. Of the 691 who completed it, most indicated they were pleased with the program and that they hoped to see it further evolve. Key takeaways include (but are not limited to) the following:

- Employees would like to see more equipment added to the Employee Wellness Centers (EWCs).
- Employees would like to see more onsite classes (both educational and exercise) offered throughout the year.
- Employees would like to see more outdoor activities promoted year-round.
- Employees would like Wellness activities (educational and exercise) to be available during working hours and more flexibility in their schedules to attend said activities.
- Employees need more tutorials and educational sessions for certain RedBrick activities.

The Wellness Committee reviewed the summary of data and have agreed to purchase the following for the EWCs:

- Mirrors for the bench/weight lifting area (TPU)
- Anchors for TRX and exercise bands (TPU)
- Heavier weights up to 50 lbs (both locations)
- Double sets for the mid-range weights of 8-25 lbs (both locations)
- Heavier kettlebells (both locations)
- Rubberized mat for group exercise area (Muni Complex)
- Yoga straps (both locations)
- Foam rollers (both locations)
- Ab wheel (both locations)

Note that Wellness educational opportunities are now available through the Training & Development program. This will allow employees to attend these classes during the work day. Your Wellness Coordinator will begin working on the other key takeaways mentioned above.



Employee Feedback

"I appreciate the opportunity to earn a Wellness credit while doing things that are good for my health. I am incredibly lucky to have this option in the workplace."

"I greatly appreciate that syncing to my devices gives me credit for all the activities I do in my personal life, and does not require specific work time or time spent manually tracking activity or behavior."

"I am amazed at the impact the Wellness movement is having on City staff. Nice job!"

"Thank you for everything that you do! I have been a City employee for almost 12 years and the Wellness Program just keeps getting better!"

Upcoming Health Fairs

Tacoma Police Department (Headquarters)

Thursday, Oct. 18 from 11 a.m. to 3 p.m.

Tacoma Municipal Building (Room 708)

Wednesday, Oct. 24 from 7:30 a.m. to 2 p.m.

Tacoma Public Utilities (ABS Ground Floor; EWC)

Wednesday, Oct. 31 from 7 a.m. to 2 p.m.

Possible Vanpool Options for TMB and TPU Events

Based on feedback from the Employee Wellness Survey, the Wellness Program is also looking into vanpool options for events held at TMB or TPU. Stay tuned for more details as they become available.

Annual Screening Mammograms Made Simple

Did you know the City's medical plans cover annual screening mammograms in full with no out-of-pocket expenses for employees when you visit an in network provider? The Wellness Program is partnering with the Carol Milgard Breast Center to offer annual screening mammograms for City employees 40 years of age or older, while the TMB and TPU health fairs are taking place, from 11 a.m. to 1 p.m., on Oct. 24 and 31.

You must bring your medical insurance card in order to receive a mammogram and you will need to travel to Carol Milgard Breast Center (4525 S 19th St, Tacoma, WA 98405) to get your screening.

If you are interested in this convenient opportunity to get your annual mammogram screening done, you would need to schedule it through Carol Milgard Breast Center by calling (253) 301-6615*.

**Please make sure you have supervisor approval prior to scheduling your appointment.*

