



TACOMA
EMPLOYEE WELLNESS
Growing with Better Health

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

There are several different ways you can earn 1,000 points beginning October 1, 2018:

Activity	Reward Value	Frequency
Complete the Compass Health Assessment (REQUIRED)	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. You must submit verification forms to your Wellness Coordinator in order to qualify for the points.

Download the RedBrick Health app today. Go to the Apple App store or Google Play store to download the app so that your favorite RedBrick tools are in one easily accessible place — your smart phone or tablet. Your sponsor is ‘City of Tacoma’.

Save time and effort by syncing a device/app. Would you like to spend less time entering activities into RedBrick? Then consider syncing a device or app! This will allow you to automatically get credit for the healthy, everyday habits that you are already practicing.

Questions? Please visit tew.redbrickhealth.com or wellness.cityoftacoma.org to learn more about the 2020 incentive requirements, sync options, and other program components. You can also contact your Wellness Coordinator Shannon Carmody at wellness@cityoftacoma.org or 253-591-2002.