

City of Tacoma Healthy Activities

Don't forget that you can earn points towards your 2021 [wellness incentive](#) by submitting verification forms for 'City of Tacoma Healthy Activities'. Specifically, you can get credit for the following:

- ✓ Attending a City of Tacoma sponsored [wellness webinar](#) or onsite training. (25 points each; 100 point maximum)
 - The [wellness microsite](#) has a library of [recorded webinars](#) that you can watch at your convenience for points.
 - First Choice Health Employee Assistance Program (EAP) also offers a large variety of webinars. Go to <https://www.fchn.com/Members/EAP> (username: cityoftacoma) and select a webinar based on the wellbeing topic of interest to you.
- ✓ Getting your [annual physical](#). (200 points)
- ✓ Completing a certified [weight management](#) program. (200 points each; 400 point maximum)