

AUG/
SEPT
2022

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



There are 50 days remaining for you to earn your 2023 wellness incentive.

Deadline for your 2023 wellness incentive: Sept. 30, 2022

We hope that you are continuing to enjoy our new wellness platform through [Virgin Pulse](#)! There are MANY ways for you to [earn points](#) on a daily, weekly, monthly, quarterly, annual and/or one-time basis. Learn more by watching the 2023 wellness incentive [training video](#) or by going to “Rewards” in [Virgin Pulse](#).

10 Ways to Relax this Summer

Learning to truly unwind and unplug will help us become happier and more balanced, and recharge our physical and spiritual batteries.

Take some time to spend outdoors.

When we spend our time in nature, it naturally calms us and gives us a feeling of inner peace. The bonus is natural sunlight, which gives us our vitamin D – great for the bones and a mood booster.

Do activities you really love. Read the book you never had time to, take a day trip to a new town and see new sights or go to the beach and relax. Whatever brings you “flow.” This is the time to do it.

Step outside of your comfort zone. Try something new. It can be something simple like trying a new drink or food or going to a new restaurant. Every time we try something new, we take a risk and feel a boost of happiness.

[Read more!](#)

Double Points: Coming Soon!

We wanted to thank you for your hard work and dedication to wellness by offering **DOUBLE POINTS** from **Aug. 29 through Sept. 18, 2022**. We are also hopeful that it will help many of you reach the finish line (our 25,000 point goal) for the wellness incentive.

Stay tuned for more information!

	Do healthy things	Earn Points
Getting started	First log in to mobile app	250
	Connect your activity device	200
	Add profile picture	100
Daily	Track steps (per 1,000 steps)	10
	Do your daily cards (2 per day)	20 each
	Track your healthy habits (3 per day)	10 each
	Track getting >7 hours of sleep	50
	Complete a Journey step	30
	Browse healthy recipes via Zipongo	10
Monthly	Win the promoted healthy habit challenge	200
	Complete 20 daily cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track calories 20 days in a month via MyFitnessPal	300
	20-day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	20-day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
Quarterly	Choose your eating type via the Nutrition Guide	250
	Choose your sleep profile	250
	Set your interests	100
	Complete a certified weight management program	1,000
Annually	Complete the Health Check Survey	2,500
	Set a wellbeing goal	200
	Complete the Nicotine-free agreement	100
	Invite a colleague to join	50
	Complete your annual physical	2,500
	Attend 12 City of Tacoma Employee Wellness webinars	3,000
	Complete 3 preventive care activities (My Care Checklist)	500



2022 Puget Sound Heart and Stroke Walk Experience



It is a value of the City of Tacoma to be involved in the communities we live and work in.

One of the ways we do this is by walking and raising funds for a healthier Puget Sound through the American Heart Association's (AHA) Heart and Stroke Walk. From increasing access to healthy, culturally relevant foods to helping community members prioritize mental wellbeing, the AHA is working hard to ensure that everyone has the opportunity to attain optimum overall health.

Save the date for walk day: Saturday, Oct. 15, 2022

[Join or create a City of Tacoma Team!](#) The 2022 Heart and Stroke Walk will be **in-person** on **Saturday, Oct. 15** at Cheney Stadium. Join us at the main event, or feel free to participate virtually from your own neighborhood or local park.

We, at the City of Tacoma, are continuing our long legacy of supporting the fight against the No. 1 and No. 5 killers of Americans: cardiovascular diseases and stroke, by participating in the Puget Sound Heart and Stroke Walk.

Be A Coach: We need enthusiastic and competitive leaders to help recruit others to participate and to fundraise as a Heart and Stroke Walk Coach. Being a coach is fun and easy, and you'll have lots of support every step of the way. Email jessica.schwendeman@heart.org if you are interested.

Join A Team: You can walk with your family, friends and colleagues by joining an existing team. To start or join a team, please sign up at pugetsoundheartwalk.org.

Make A Donation: [Click here to make a secure online donation.](#)

It is important that we lead by example and take steps together towards a healthier future for all.



Recommended Webinars

You can earn 250 points per webinar (up to 12 times per program year) by submitting a [smart form](#). Not only do the LIVE and [recorded webinars](#) sponsored by the Tacoma Employee Wellness program count towards your wellness incentive, but [MissionSquare Retirement](#), [Employee Assistance Program](#) (username: cityoftacoma), and [EnviroHouse](#) webinars count as well.

[Diabetes Prevention and Management Resources](#)

(NEW) Diabetes is both preventable and manageable with healthier lifestyle choices and helpful programs. This presentation is a collaboration of the various resources available through Regence, Kaiser Permanente, the Employee Assistance Program and the Tacoma Employee Wellness Program. **(34 minutes)**

[Mental Health and Mindfulness Resources](#)

This webinar presents information from our various health and welfare vendors regarding mental health and mindfulness resources. **(38 minutes)**

[Stress, Sleep and Mindfulness](#)

Learn how to implement mindfulness skills to better manage stress and sleep more soundly. **(47 minutes)**

[As Our Parents Age](#)

This webinar, provided by the Employee Assistance Program, discusses the stages of aging and how to assess a parent's needs at each stage, how to initiate and have difficult family conversations, finding support solutions for emotional, financial, social and health problems, and balancing self-care with caregiver responsibilities. **(60 minutes)**

[Fad Diets](#)

Get the science on weight loss and review common fad diets while learning how to get factual answers on various eating patterns. **(44 minutes)**

[Food and Mood](#)

Discover the latest science on the connection between the food we eat and our moods. **(40 minutes)**

[Simple Meal Prep](#)

Learn the essential tools for meal planning and create a strategy that works best for you and your family. **(47 minutes)**



Simple Summer Recipes

Although berries are likely top of mind when it comes to in-season summer produce, there are a variety of foods that reach their peak freshness during this time including (but not limited to): apples, avocados, beets, bell peppers, cantaloupe, corn, cucumbers, eggplant, summer squash, and tomatoes. ([See the full list](#)).

2022-2023 Flu Season

Now is the time to start thinking about when, how and where you'll get immunized against the flu this year. Flu season typically peaks between December and February, but you should plan on getting your flu shot early to protect yourself against this serious respiratory illness, especially considering some of the changes and challenges created by COVID-19. We are in the process of arranging onsite flu clinics at various City of Tacoma sites. Please watch for an email from wellness@cityoftacoma.org in September for more information about when and how to receive an onsite shot.

Don't forget that it is also simple to get a flu shot at no cost from an in-network pharmacy or doctor's office!

Kaiser Permanente Members

- Appointments:** Flu shots are available at Kaiser Permanente by [appointment only](#). If members are in the clinic for an appointment and have not yet received a flu shot, they should be offered a flu shot while they are there.
- Contracted pharmacies:** Members can get their flu shot at a [contracted pharmacy](#). All plans will be billed through OptumRx.
- Non-contracted pharmacies:** Flu shots can be obtained by non-contracted pharmacies. If the provider does not bill Kaiser Permanente Washington, then the member must pay for the vaccine/administration and submit a claim to Kaiser Permanente for reimbursement.

Regence Members

- Appointments:** Look for an [in-network provider](#) who offers a flu shot through **Find a doctor**. Select the category Doctors by specialty and search for "flu shot." You can also visit the immunization section of the [benefit booklet](#) or call their customer service at (855) 877-0047.
- In-network pharmacies:** No appointment is necessary when you visit an in-network pharmacy, which includes Walgreens, Rite Aid, Safeway, Fred Meyer, Costco and more.

By getting a flu shot and following preventive care guidelines, you're more likely to stay well this fall and winter. For more information, visit the Tacoma-Pierce County Health Department website at <https://www.tpchd.org/healthy-people/flu>.

California Roll Salad

Calories/serving: 280

Servings: 4

Total Time: 15 minutes

Source: [Good Housekeeping](#)



Ingredients:

- 2 tbsp. mayonnaise
- 1 tbsp. siracha
- 1 tbsp. fresh lemon juice
- Kosher salt
- 1 to 2 heads butter lettuce, separated into leaves
- 1 1/2 c. cooked short-grain brown rice
- 2 cucumbers, thinly sliced into ribbons
- 1 avocado, cut into pieces
- 8 oz. crabmeat or imitation crabmeat
- 1 scallion, thinly sliced
- Furikake seasoning, for sprinkling

Directions:

1. In small bowl, whisk together mayonnaise, siracha, lemon juice, and a pinch of salt.
2. Divide lettuce, rice, cucumber, and avocado among bowls. Top with crabmeat, then drizzle with dressing. Sprinkle with scallion and furikake if desired.



Cayenne Grilled Eggplant with Fresh Tomato Salad

Calories/serving: 205

Servings: 6

Total Time: 30 minutes

Source: [Good Housekeeping](#)

Ingredients:

- 2 lb. medium eggplants, cut lengthwise into 1/2" thick slices
- 1/4 c. plus 3 tbsp. olive oil
- 1 tsp. coriander
- 1 tsp. cayenne pepper
- 1/4 c. packed fresh mint leaves, finely chopped
- 3 small hot chiles, finely chopped
- 2 tbsp. lemon juice
- 2 tbsp. red wine vinegar
- 1 1/2 c. multicolored cherry or grape tomatoes, halved
- 1/4 c. Greek yogurt
- 2 tbsp. milk

Directions:

1. Heat grill on med. Brush eggplant with 1/4 cup oil. Sprinkle with coriander, cayenne and 1/4 tsp. salt. Grill 10 to 12 minutes or until tender.
2. Meanwhile, in a medium bowl, whisk mint, chiles, lemon juice, vinegar, remaining 3 tbsp. oil, and 1/2 tsp. salt until well combined. To vinaigrette, add tomatoes; toss to combine. In a small bowl, stir yogurt and milk.
3. Arrange eggplant on a large serving platter. Top with tomato mixture. Drizzle with yogurt mixture.