

JULY/
AUG
2023

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



There are 62 days remaining for you to earn your 2024 wellness incentive.

Deadline for your 2024 wellness incentive: Sept. 30, 2023

We hope that you are continuing to enjoy the [Virgin Pulse](#) wellbeing platform! There are many ways for you to [earn points](#) on a daily, monthly, quarterly, annual and/or one-time basis to reach the **25,000** point goal.

2023 Tacoma Employee Wellness Survey Results

Our work dynamics and wellbeing platform have notably changed since we had our last survey in 2018. Specifically, many employees have adopted telework schedules and we transitioned from the RedBrick Health Portal to a more robust wellbeing platform, [Virgin Pulse](#). So, it was important that we collect your feedback regarding our Tacoma Employee Wellness Program so that we can continue to grow and improve it.

Thank you to all the employees who took the time to complete our survey! The feedback and results are currently being reviewed and we will share the key takeaways in the upcoming months. Your input is essential in helping to ensure that we continue to support your health and wellbeing efforts and needs.

Coming Soon: Double Points!!

We wanted to thank you for your hard work and dedication to wellness by offering **DOUBLE POINTS** from **Aug. 21 — Sept. 10, 2023**. 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	Receive or give a shout out	100 each
	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



2023 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. 21, 2023**

[Join or create a City of Tacoma Team!](#)

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 mallory.anzivino@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 or scan the QR code above.

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

We wanted to give a HUGE thank you to six coaches that have already created teams:

Young at Heart: Maria Camilon-Price

Team CMO: Joe Franco

TPU Community Connection: Christina Turner

Team Director's Office: Aubrey Pike

Zoning Legends: Arielle Flesher

Tacoma Municipal Court: Andrea Currin



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](#)

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)**

[Stress, Sleep and Mindfulness](#)

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

[The Sandwich Generation: Multi-Generational Caregiving](#) (EAP Webinar)

Are you taking care of your children and your parents? Many middle-aged people find themselves stuck caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burn out as a caregiver and how to keep your own family running smoothly. **(55 minutes)**

[Top Diet Myths and Healthy Eating Tips to Try Instead](#)

(NEW) Are you confused about the best way to eat and how to improve your health and wellness for the long-term? This talk is designed to help you separate what is true from what is just a fad on the internet. First, we'll talk about the top diet myths you hear on a regular basis. Then, we'll walk through the healthy dietary patterns to follow instead. You'll leave with the info you need to eat a tasty, healthy and sustainable diet for the rest of your life! **(58 minutes)**



Finding a Therapist Who Can Help You Heal

Finding the right therapist can take some time and work, but it's worth the efforts. The connection you have with your therapist is essential.

You need someone who you can trust—someone you feel comfortable talking to about difficult subjects and intimate secrets, someone who will be a partner in your recovery. Therapy won't be effective unless you have this bond, so take some time at the beginning to find the right person. It's okay to shop around and ask questions when interviewing potential therapists.

Questions to Ask Yourself When Choosing a Therapist

- What's most important in a therapist or counselor is a sense of connection, safety, and support. Ask yourself the following questions:
- Does it seem like the therapist truly cares about you and your problems?
- Do you feel as if the therapist understands you?
- Does the therapist accept you for who you are?
- Would you feel comfortable revealing personal information to this individual?

Voucher Option Reminder

- You can receive up to six vouchers throughout the program year for participating in a 5k—9.99k and/or 10k+ event for 200 and 400 points each, respectively.
- Email wellness@cityoftacoma.org to share proof of participation in a community physical activity-related event and then you will be emailed a unique voucher code that you will redeem on [Virgin Pulse](#) under 'Rewards'.
- Don't forget that you can also earn points for the physical activity exerted during these events!

- Do you feel as if you can be honest and open with this therapist? That you don't have to hide or pretend you're someone that you're not?
- Is the therapist a good listener? Does he or she listen without interrupting, criticizing, or judging? Pick up on your feelings and what you're really saying? Make you feel heard?

Common Types of Therapy

Most therapists don't limit themselves to one specific type of therapy; rather, they blend different styles in order to best fit the situation at hand. This approach gives the therapist many powerful tools. However, they often have a general orientation that guides them.

Individual therapy. Individual therapy explores negative thoughts and feelings, as well as the harmful or self-destructive behaviors that might accompany them. Individual therapy may delve into the underlying causes of current problems, but the primary focus is on making positive changes in the present.

Family therapy. Family therapy involves treating more than one member of the family at the same time to help the family resolve conflicts and improve interaction. It is often based on the premise that families are a system. If one role in the family changes, all are affected and need to change their behaviors as well.

Couples therapy (marriage counseling). Couples therapy involves the two people in a committed relationship. People go to couples therapy to learn how to work through their differences, communicate better and problem-solve challenges in the relationship.

Group therapy. Group therapy is facilitated by a professional therapist, and involves a group of peers working on the same problem, such as anxiety, depression or substance abuse, for example. [Read more...](#)

Source: [First Choice Health EAP](#)

UPCOMING EVENTS*

Date	Event	Location
8/5/23	Galloping Gertie (5k, 10k, half marathon)	Tacoma, WA
8/5/23	Night Nation Fun Run/Walk	Puyallup, WA
8/6/23	The Retro Run (kids run, 2 mile, 5k, 8k)	Redmond, WA
8/6/23	Stomp Out the Stigma (1 mile, 5 K)	Lakewood, WA
8/6/23	Unleashed at Stadium Bowl (stair climb)	Tacoma, WA
8/12/23	Tacoma Narrows Half Marathon (5k, 13.1 mile)	Tacoma, WA
8/19/23	Parkland Pace or Race	Tacoma, WA
8/20/23	Emerald City 5k	Seattle, WA

Find many more races in or around Tacoma [here](#).

*The City of Tacoma is not sponsoring nor contracting with any of these events.

The list provided is a summary of events happening within 50 miles of Tacoma. If you know of other events that you think your peers would be interested in, please email wellness@cityoftacoma.org.

