

SEPT.
2023

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



Double Points: Ending Soon!

To “thank you” for your hard work and dedication to wellness this year, we are offering double points for 21 days, and the last day to earn double points is **Sept. 10th**.

As you know, there are many ways for you to [earn points](#) on a daily, monthly, quarterly, annual and/or onetime basis in Virgin Pulse; so make sure to visit ‘Rewards’ in [Virgin Pulse](#) to see which activities* qualify.

Here are some examples:

Activity/Steps: Rather than earning 100 points for exercising 30 minutes in a day, you will earn 200 points; if you take 7,000 steps in a day, you’ll earn 140 points rather than 70 points.

Create a personal challenge: Rather than earning 150 points, you will earn 300 points. You can create one personal challenge a month for points!

Daily Cards: Rather than 20 points per card (40 points per day), you will earn 40 points per card (80 points per day).

Healthy Habits: Rather than 30 points per day for tracking three healthy habits, you can earn 60 points.

Journeys: Rather than earning 30 points for completing one Journey step in a day or 150 points for completing the entire Journey, you will earn 60 points and 300 points, respectively.

Shout Outs: Rather than earning 100 points for giving and/or receiving a shoutout, you can earn 200 points (one time each per month).

**The annual physical, health check and vouchers do not qualify for double points.*

There are 26 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.

Please note: The points below do not reflect double points.

	Do healthy things	Earn Points
Getting Started	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
	Browse healthy recipes via Zipongo	10
	Exercise 45 minutes	140
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.



Heart Walk T-Shirt Vote!

We are excited to offer you the opportunity to vote on our 2023 Heart Walk t-shirt design this year! Our talented Media & Communications Office (MCO) did a wonderful job creating three options for you to choose from. You have until **September 8th** to [vote](#).

