



Earn a reward for your healthy habits

Whether you're making a first-time commitment to a healthier you, or you're recommitting to a healthier version of your past self, now you can earn a \$150 reward card for your efforts!

It's easy to get started. Simply follow these steps to receive a reward card from your employer:

- 1 Visit **kp.org/engage** and sign in with your kp.org user ID and password.*
- 2 Accept the Wellness Program Agreement to be eligible to earn the reward.
- 3 Visit the website often to view and track the status of your activities.

After you've signed up, all you have to do is complete:

1. The Total Health Assessment online survey
2. Stay current on 4 biometric screenings
 - Blood glucose
 - Blood pressure
 - Body mass index
 - Cholesterol

Questions? Call us at **1-866-300-9867**, Monday through Friday, from 9 a.m. to 6 p.m. Or email us at **rewardscustomerservice@kp.org**

If you're not yet registered on kp.org, click the "Register for an account" button to get a user ID and password. Employees who earn rewards are responsible for any applicable taxes that may be due on the amounts received. Reward program participants should ask their personal tax adviser for specific tax information. The rewards program is open to all employees who are Kaiser Permanente members 18 and older. You can take the Total Health Assessment as often as you would like, but you can only earn a reward for it, if available, once during the reward period. Reward cards expire 12 months from date issued. The program is available to all eligible individuals regardless of their health status. If you think you can't meet a requirement for a reward because of your health, please contact Rewards Customer Service to request a waiver. The rewards program is not included in Preferred Provider Organization (PPO) plans and is only available to 3-tier Point of Service (POS) plans if the required screenings are received from an in-network provider (tier 1 POS) or participating provider (tier 2 POS).

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.

Learn more at kp.org/engage

