



# 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, simply follow these steps:

- 1 Visit [kp.org/engage](https://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:

**1. Complete the Total Health Assessment online survey**

**2. Complete these 4 biometric screenings if you aren't current**

- Blood glucose
- Blood pressure
- Body mass index
- Cholesterol

**3. Stay current on these age and gender-appropriate cancer screenings**

- Breast
- Cervical
- Colorectal

**4. Complete one lifestyle wellness activity through the online healthy lifestyle program or through Wellness Coaching by Phone.** Topics focus on how to:

- Eat healthy
- Lose weight
- Manage health conditions
- Exercise to improve health
- Quit smoking
- Reduce stress
- Improve sleep
- And more

**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](mailto:rewardscustomerservice@kp.org).

\*If you're not yet registered on [kp.org](https://kp.org), click the "Register for an account" button to get a user ID and password. Participants 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. Employees can take the Total Health Assessment or the healthy lifestyle programs as often as they like, but they can only earn credit for the assessment or check in for the first week of any mission once during the reward period. Reward cards expire 12 months from date issued. 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 Exclusive Provider Organization (EPO): Tier 1 EPO Kaiser Permanente Network Providers ([kp.org](https://kp.org)), and Tier 2 First Health® Participating Providers ([providerlocator.firstthehealth.com/Kaiser](https://providerlocator.firstthehealth.com/Kaiser)).

[kp.org/engage](https://kp.org/engage)

