

An investment that's **LIKE NO OTHER**



**EARN
UP TO** **\$100**

Each member and covered spouse who each complete the Kaiser Permanente Wellness Program will receive a \$100 reward card – \$200 per household to spend on anything you choose!

2024 5-Step Wellness Program



Step 1: Accept your Agreement

Sign on to kp.org/engage to accept your 2024 Wellness Program Agreement – If you check "no" or if you do not complete this step, you will not earn credit for your Kaiser Permanente Wellness Program activities.



Step 2: Take Your Total Health Assessment

Complete your Kaiser Permanente Total Health Assessment (THA) online. The questionnaire is confidential and takes about 10 minutes.



Step 3: Know Your Numbers

Complete a Biometric Screening at a Kaiser Permanente medical office.



Step 4: Get Yourself Screened

Complete all age and gender appropriate preventive screenings for breast, cervical, or colorectal cancer.



Step 5: Make A Lifestyle Change

Your choice – participate in either Wellness Coaching by Phone or complete a mission through the healthy lifestyle programs.¹

For details or general questions:
my.kp.org/usg

Rewards questions (including appeals) can be directed to:
Rewards Customer Service
866-300-9867 Monday-Friday,
8 a.m. - 8 p.m. EST, or email
rewardscustomerservice@kp.org

Visit kp.org/engage to view and track the status of your activities.

Complete steps by
December 31, 2024

¹You can take the Total Health Assessment or the healthy lifestyle programs as often as you like, but you can only earn credit for the assessment or check in for the first week of any mission once during the reward period.