

You're Invited to Enjoy Healthy Rewards

Kaiser Permanente offers two separate rewards programs for members to earn up to \$350 per year by engaging in health and wellness activities.

Through the Kaiser Rewards program, members can earn up to \$150 per calendar year by completing certain actions. Rewards vary by activity and range from \$5-\$20 per activity completion. Members can earn rewards for:

- Fitness and Exercise Activities
- Self-care and Wellness Activities
- Healthy Eating Activities
- Completing Wellness Coaching
- and more.....

Go to www.kp.org/rewards to sign up and learn more.



The Kaiser's Healthy Extras program is an employer sponsored wellness reward program offering incentives for members who participate in health-focused activities. You can find and track your specific activities by signing in to kp.org/engage. Complete the activities by December 31st and a \$200 reward card.

1

Join Today

- Visit kp.org/engage and sign on with your kp.org user ID and password.
- Accept the Wellness Program Agreement to be eligible for rewards.
- Visit the website often to view and track the status of your activities.

2

Here's What to Do:

- Complete your biometric screenings to include blood glucose, blood pressure, BMI, and total cholesterol.
- Take the Total Health Assessment

3

Enjoy the Rewards:

- Complete all your activities by December 31st.
- Earn a \$200 reward card from Kaiser Permanente

*If you're not yet registered at kp.org, click the "Register for an account" button to get a user ID and password.

The rewards program runs from January 1st, through December 31st, and is open to all benefits-eligible Kaiser Permanente subscribers 18 and older covered by the AIMS Trust Benefits health plan from Kaiser Permanente. Rewards cards expire 12 months from the date issued.

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

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C.,
2101 E. Jefferson St., Rockville, MD 20852