

2019 Open Enrollment  
Presentation for

# Northern California Conference of 7<sup>th</sup> Day Adventists

## Healthy together

Care and coverage that fits your life

# Why choose Kaiser Permanente?



Quality care with  
you at the center



Your care,  
your way



Care away  
from home



Care and coverage  
built around you



Great care,  
great results



World-class  
specialty care



Healthy  
resources



Manage your care  
anytime, anywhere



## Quality care with you at the center

The screenshot shows the Kaiser Permanente website's 'Find care' section. At the top, there's a navigation bar with links like 'Why KP', 'Shop Plans', 'Doctors & Locations', 'Health & Wellness', 'Español', 'Other languages', and 'S. California'. Below this, the 'Find care' section has a heading 'Search doctors or facilities'. It includes a search bar with a dropdown menu set to 'All'. To the right of the search bar is a 'Search' button. Below the search bar, there's a map titled 'Facilities near you' showing various locations marked with blue and orange dots. To the left of the map, there's a form with fields for 'Choose an area' (set to 'California - Southern'), 'ZIP code' (with a dropdown for 'within' and '18 miles'), 'City' (with a dropdown for 'Select City'), and a text input for 'Hospitals, specialties, doctors' names, or keywords'. There's also a 'Show' button at the bottom of the form.

Our physician-led care teams work together to keep you healthy by delivering high-quality, personalized care. You can expect:



Great care from great doctors



Better care with a connected team



Personalized care for all members



## Your care, your way



Visit your doctor at your local facility.



Save yourself a trip to the doctor's office with a telephone appointment.\*



Meet face to face with your doctor online.\*



Schedule appointments and get 24/7 medical advice by phone.



Email your doctor's office anytime.

\*Where available and for certain medical conditions.





## Care away from home



- If you get hurt or sick while traveling, we'll help you get care. All our plans include emergency and urgent care coverage from qualified providers anywhere in the world.
- We can also help you before you leave town by checking to see if you need a vaccination, refilling eligible prescriptions, and more. Just call us or go online:



24/7 Away from  
Home Travel Line:  
**951-268-3900\***



**kp.org/travel**

\*This number can be dialed from both inside and outside the U.S. Outside, you must dial the U.S. country code 001 for landlines and +1 for mobile before the phone number. Long-distance charges may apply and we cannot accept collect calls. Phone line is closed major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas), and closes early the day before a holiday at 10 p.m. Pacific time (PT). The phone line reopens the day after a holiday at 4 a.m. PT.



**KAISER PERMANENTE®**



## Care and coverage built around you



### What's integrated care?

A simpler, seamless experience where the health plan and doctors work together for you.

### You get:

- Hassle-free health care with less paperwork
- A care team that's connected to each other and you
- Many services under one roof



## Healthy resources

- Personal wellness coaching
- Healthy lifestyle programs
- On-site health education classes and support groups<sup>1</sup>
- Online videos, podcasts, recipes, and more
- Reduced rates on health products and services (for example, gym memberships)
- Seasonal farmers markets<sup>2</sup>

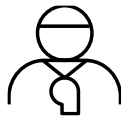


<sup>1</sup>Classes vary at each location and some may require a fee.

<sup>2</sup>Not available in all areas.



## Reach your health goals with wellness support



### Wellness coaching

We've helped thousands of members reach their health goals. After 2 or more phone sessions with a coach:

- **80%** became more physically active
- **80%** ate healthier
- **79%** reduced their stress
- **65%** quit tobacco
- **64%** achieved or maintained a healthy weight



### Member discount programs

We offer special discounts on health-related products and services to members. Discount programs vary by region, and can include:

- Acupuncture
- Chiropractic care
- Gym memberships
- Massage therapy
- And more

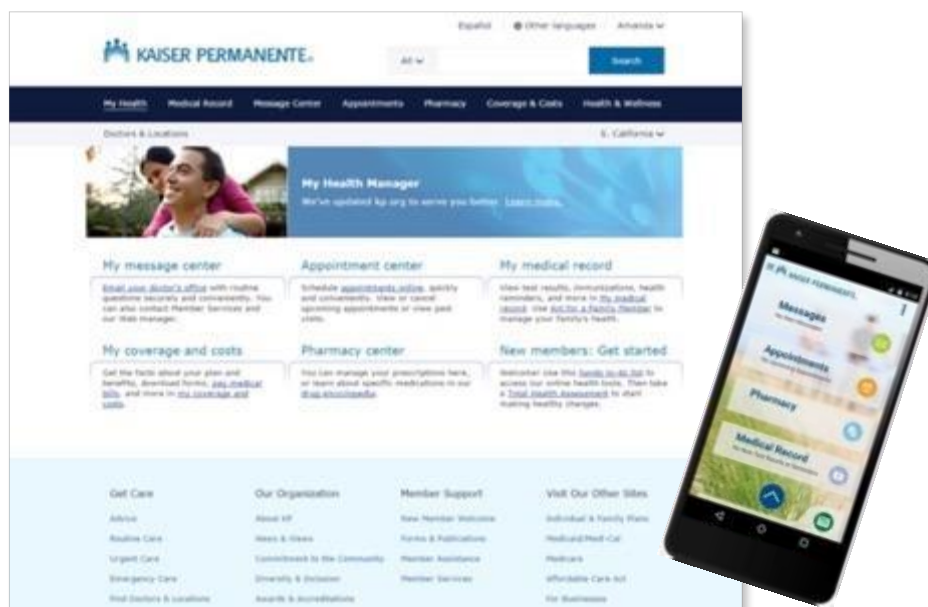
Source: Kaiser Permanente internal data.





## Manage your care anytime, anywhere

At kp.org or with the Kaiser Permanente app, you can stay on top of your care 24/7:<sup>1</sup>



- Schedule and cancel routine appointments
- Refill most prescriptions
- Choose your doctor and change anytime
- View most lab test results
- Email your doctor's office with nonurgent questions
- Manage your coverage and estimate costs<sup>2</sup>
- View and pay bills
- Manage a family member's health care<sup>3</sup>

<sup>1</sup>Available when you get care at Kaiser Permanente facilities.

<sup>2</sup>These tools are not yet available on smartphones and tablets.

<sup>3</sup>Due to privacy laws, certain features may not be available when they are being accessed on behalf of a child 18 or younger, and your child's physician may be prevented from disclosing certain information to you without your child's consent.

# Plan benefits



Your plan benefits

# Traditional HMO Plan

<b>Yearly deductible</b>	N/A
<b>Maximum yearly out-of-pocket costs</b>	\$1,500 individual / \$3,000 family
<b>Covered service</b>	<b>You pay</b>
<b>Preventive care</b>	\$0 copay
<b>Doctor's office visit</b>	\$20 copay (\$40 Specialist)
<b>Lab tests and radiology</b>	\$10 copay after plan deductible
<b>Outpatient surgery</b>	20% coinsurance after plan deductible
<b>Hospitalization</b>	20% coinsurance after plan deductible
<b>Emergency care</b>	20% coinsurance after plan deductible
<b>Prescribed medications (30-day supply)</b>	\$10 copay (generic) / \$30 copay (brand name)

\*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.

# Deductible HMO Plan

<b>Yearly deductible</b>	\$500 individual / \$1,000 family
<b>Maximum yearly out-of-pocket costs</b>	\$3,000 individual / \$6,000 family
<b>Covered service</b>	<b>You pay</b>
<b>Preventive care</b>	\$0 copay
<b>Doctor's office visit</b>	\$20 copay / \$40 Specialist
<b>Lab tests and radiology</b>	\$10 copay
<b>Outpatient surgery</b>	\$100 copay
<b>Hospitalization</b>	\$250 per admission
<b>Emergency care</b>	\$50 per visit
<b>Prescribed medications (30-day supply)</b>	\$10 copay (generic) / \$30 copay (brand name)

\*This is a summary of some benefits and their copays and coinsurance. For specific information about your covered health plan benefits, limitations, and exclusions, including those not listed in this summary, please see your *Evidence of Coverage*.



**for NCC Kaiser Members**

## 2019 Kaiser Permanente Wellness Program



What is the Wellness Program?

How do I utilize it?

What information is shared with my employer?

What do I get when I complete the program?

Where can I get answers to my questions?





## What is the wellness program?

It is your opportunity to take charge of your health by being current on recommended preventive services provided in your health plan such as:

- Blood pressure, cholesterol, BMI and glucose screening
- Total health assessment (confidential online health questionnaire)



KAISER PERMANENTE®

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# How do I participate in it?

Here is a quick overview – we will go through each step in the following slides:

1. Visit the program website, create an account and authorize the program agreement
2. On the program website, see which elements you are current on, and which you still need to complete. Each completed element earns you points.
3. Complete all of the required elements by -----
4. *Earn 200 points towards your continued eligibility for the Traditional Plan, or similar, for the 2019 plan year from Northern California Conference of Seventh-day Adventists*



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# What information will be shared with my employer?

- **Only completion dates** for the required activities are shared
- **None of your individual results or readings are shared**
- Below is an example of the data that KP sends your employer by secure feed – as you can see, it only gives the date you completed the activity – no results are shared

FIRST_NAME	LAST_NAME	Blood Pressure	BMI	Total Cholesterol	Blood Glucose	Biometric Completion
Joe	Smith	1/15/2015	1/15/2015	2/15/2015	3/15/2015	3/15/2015
Jane	Smith	2/15/2015	1/15/2015	2/15/2015	2/15/2015	2/15/2015
Jean	Smith	3/15/2015	3/15/2015	1/15/2015	3/15/2015	3/15/2015



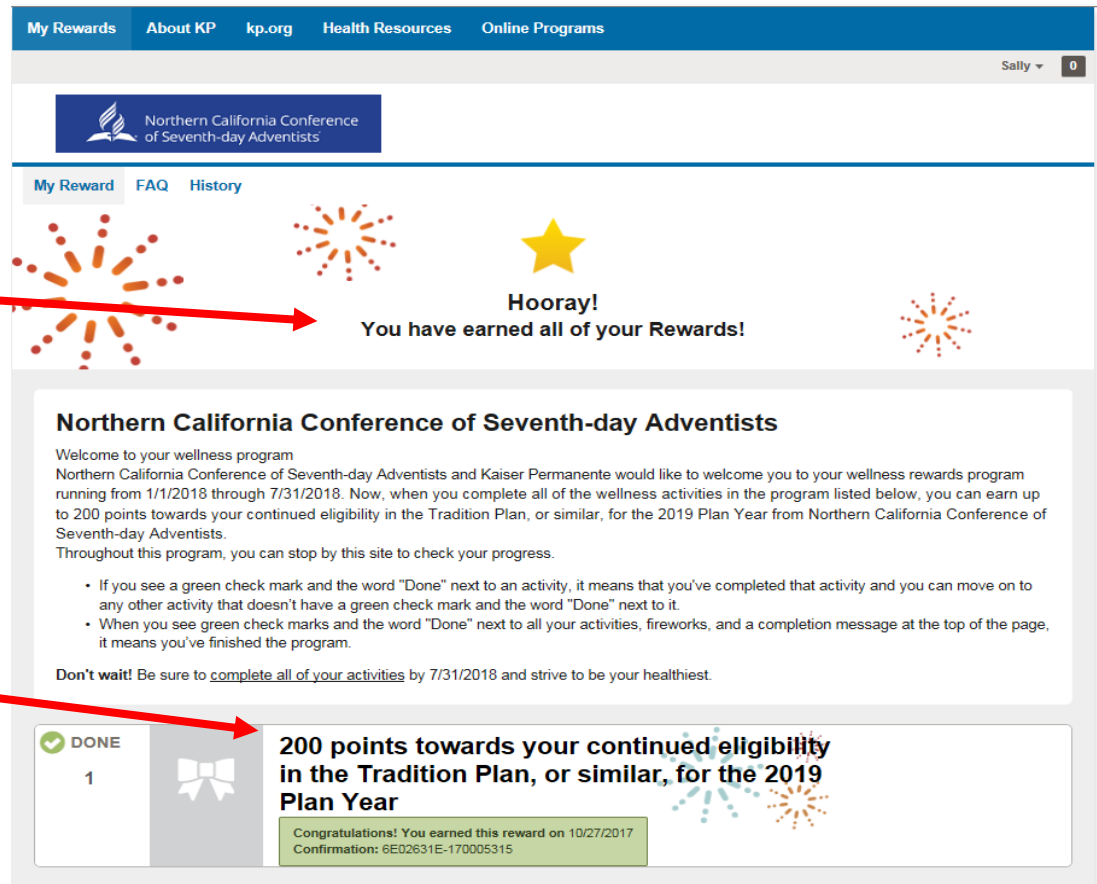
# Creating your account and using the website





# What do I get if I do everything required by \_\_\_\_\_?

The program website  
will show a message  
like this



And you will  
have earned your  
200 points



<https://www.kp.org/engage>

This is the program URL and a screenshot of what the landing page looks like



## Take charge of your health

You've come to the right place to engage in your health. And why not earn a few rewards along the way?

Sign on



To start, click here to sign on; the next slide shows you what that looks like

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## Sign on

0

USER ID

PASSWORD

**Sign on**[Forgot user ID? | Forgot password?](#)[Register for an account](#)

By signing on, you agree to our  
[Terms and Conditions](#) and [Privacy Statement](#).

You will sign on  
using your  
KP.ORG user  
ID and  
password

If you don't  
have a  
KP.ORG  
account you  
click this button

If you have one  
but don't  
remember it,  
you click here

Next: give permission for KP to bring forward, from your medical record the required screenings for the wellness program. Your completion status will be updated as the information is transferred to the wellness program. Remember, no individual results or numbers are shared, just whether or not you have completed or are current on the required wellness activities



Want to start earning rewards?  
We need your permission first!

Wellness activities  
lead to rewards



You can start earning rewards for a variety of wellness activities through a voluntary program offered by the people who manage your health plan.\*

Wellness activities can be things like:

- Getting your health checked (example: checking cholesterol)
- Learning how to live healthier (example: getting help losing weight)
- Being physically active (example: doing a 5K run/walk event)
- Following your doctor's instructions (example: filling a prescription)

In order for you to get rewards, we (Kaiser Permanente\*\*) need to get some information about your activities and then share it.

Depending on the design of your program that information may include:

- What wellness activities you've finished, so the people who manage your health plan know which rewards you've earned
- Your contact information, like your name and address, so you can get your rewards

We get that information from:

- Your Kaiser Permanente medical records (example: when you tell your doctor you quit smoking)
- Companies and people that run the wellness activities (example: giving you a flu shot)

And we'll only share it with:

- The group that offers your health plan (like your employer or union)
- The companies and people who run the rewards program

We maintain and safeguard the privacy and security of your information under the applicable federal, state and local health information privacy rules that govern us, including the Health Insurance Portability and Accountability Act of 1996, as amended (HIPAA).

We won't share information that isn't related to the wellness program.

To learn more about the details of the wellness activities and the information we will share, talk to the people who run your wellness program.\*

Next

We maintain and safeguard the privacy and security of your information under the applicable federal, state and local health information privacy rules that govern us, including the Health Insurance Portability and Accountability Act of 1996, as amended (HIPAA).

We won't share information that isn't related to the wellness program.

To learn more about the details of the wellness activities and the information we will share, talk to the people who run your wellness program.\*

Next

\* Depending on who offers your health plan, this could be your employer, plan administrator, or union.

\*\* "Kaiser Permanente" means both your insurance company (a Kaiser Permanente health plan) and your doctors (a Permanente medical or dental group). It also includes different groups depending on where you live:

All states where we do business:

Kaiser Foundation Health Plan, Inc.

California:

Kaiser Foundation Health Plan, Inc., Northern California Region

Kaiser Foundation Health Plan, Inc., Southern California Region

The Permanente Medical Group, Inc.

Southern California Permanente Medical Group

Colorado:

Kaiser Foundation Health Plan of Colorado

Colorado Permanente Medical Group, P.C.

Georgia:

Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000

The Southeast Permanente Medical Group, Inc.

Hawaii:

Kaiser Foundation Health Plan, Inc., Hawaii Region

Hawaii Permanente Medical Group, Inc.

Mid-Atlantic States:

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

Mid-Atlantic Permanente Medical Group, P.C.

Northwest:

Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

Northwest Permanente, P.C.

Permanente Dental Associates, P.C.



# Authorize KP to share this completion data with your employer to earn points towards completion of the wellness program. We want you to succeed!



Northern California Conference  
of Seventh-day Adventists

Want to start earning rewards?  
We need your permission first!

Wellness activities  
lead to rewards



## Ready to give us your permission? No pressure.

If you're ready to start earning rewards, click **Yes**. You won't be denied treatment, payment of claims, enrollment, or eligibility for benefits based on whether or not you agree to share your information.

- ☐ **Yes**  
I want rewards! I agree to share my information. Let the wellness program challenge begin!
- ☐ **No**  
I don't agree to share my information. I understand that, as a result, I will not be able to earn rewards for the wellness program activities.

## Are you signing this for yourself or someone else?

- ☐ **Myself**  
I am 18 or over and can sign this agreement for myself.
- ☐ **Someone Else**  
I have the legal authority to sign this agreement for the person doing the wellness program.

## Electronic Signature (required)

First Name

Carson

Last Name

Bera

Date

11/21/2017

You can cancel your Wellness program agreement anytime. †

## Are you signing this for yourself or someone else?

- ☐ **Myself**  
I am 18 or over and can sign this agreement for myself.
- ☐ **Someone Else**  
I have the legal authority to sign this agreement for the person doing the wellness program.

## Electronic Signature (required)

First Name

Carson

Last Name

Bera

Date

11/21/2017

You can cancel your Wellness program agreement anytime. †

**Submit**

[Go back](#)  
or  
[Cancel and log out](#)

† Just go to your user profile and change your Wellness program agreement. We will stop sharing your information right away. Your cancellation will not affect information that was shared before we got your request. Once this information is shared, it may not be protected under federal privacy law (HIPAA).

How long this agreement lasts depends on where you live, unless you cancel it:  
California: from the time you give us permission until 12/31/2018.  
Colorado, Maryland, Oregon, Virginia, and Washington state: for 1 year from when you give us permission.  
Georgia, Hawaii, and Washington, D.C.: from the time you give us permission and for as long as you are a participant in the wellness program.







## Northern California Conference of Seventh-day Adventists

Welcome to your wellness program

Northern California Conference of Seventh-day Adventists and Kaiser Permanente would like to welcome you to your wellness rewards program running from 1/1/2018 through 7/31/2018. Now, when you complete all of the wellness activities in the program listed below, you can earn up to 200 points towards your continued eligibility in the Tradition Plan, or similar, for the 2019 Plan Year from Northern California Conference of Seventh-day Adventists.

Throughout this program, you can stop by this site to check your progress.

- If you see a green check mark and the word "Done" next to an activity, it means that you've completed that activity and you can move on to any other activity that doesn't have a green check mark and the word "Done" next to it.
- When you see green check marks and the word "Done" next to all your activities, fireworks, and a completion message at the top of the page, it means you've finished the program.

**Don't wait!** Be sure to complete all of your activities by 7/31/2018 and strive to be your healthiest.

1



**200 points towards your continued eligibility in the Tradition Plan, or similar, for the 2019 Plan Year**

Earn reward by 7/31/2018

In progress

This is a screenshot of your account page, which will appear after you complete the previous steps

It will list the required program elements and show which ones you are already current on, and which you need to complete

Let's look at the required elements on the next slides

## Finish these activities before you can redeem your reward

### Total Health Assessment [less](#)

Do this by 7/31/2018

Do It

Completing the Total Health Assessment is an important part of maintaining your total health. This no-cost online questionnaire is designed to help you understand how your lifestyle behavior affects your health. Once you're finished, you'll get a personalized plan for a healthier, happier you. A green check mark and the word "Done" will be displayed to indicate you've completed the assessment. You must complete this activity by the end date listed above to receive credit.

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.

## Biometric Screenings

Being current on your biometric screenings is an important part of maintaining your total health. You must complete all screenings listed below within the timeframe indicated for each activity to be considered complete. When you're done, a green check mark and the word "Done" will be displayed. Some activities may require you to contact your Kaiser Permanente doctor. To find out how to get the screenings you need, call the customer service number on the back of your Kaiser Permanente ID card.

### Blood Glucose (Fasting Blood Sugar or A1c) [less](#)

Fasting blood sugar measures blood glucose after you haven't eaten for 8 hours. It checks for pre-diabetes and diabetes.

A1c is a blood test that checks the amount of sugar (glucose) bound to the hemoglobin in red blood cells. It doesn't require fasting. It can also be used to diagnose pre-diabetes or diabetes.

Starting at age 18, you should have your blood sugar measured every 5 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed either a fasting blood sugar or A1c screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Fasting Blood Sugar and A1c Information](#)

### Blood Pressure [less](#)

High blood pressure can cause heart disease but often has no symptoms. The only way to know if you have it is to get screened. If you're over 18, you should have your blood pressure measured every 2 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a blood pressure screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Blood Pressure Information](#)

### Body Mass Index [less](#)

You should have your body mass index (BMI) measured every 2 years, starting at age 18. BMI, which estimates body fat based on your height and weight, is a quick way to know whether you're at a healthy weight, underweight, overweight, or obese. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a BMI screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [BMI Information](#)

### Total Cholesterol [less](#)

If you're over 18, you should have your total cholesterol measured every 5 years. Getting your cholesterol checked is key to having a healthy heart. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a total cholesterol screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Total Cholesterol Information](#)

Taking the online health assessment, or Total Health Assessment, is required – click on the DO IT button to go to the questionnaire

List of biometric health screenings you must be current on.

TIP: If you need to have any screenings done, do them now!! It can take 30 days for completion status to upload to the website

# KP screening guidelines

Category	How often	Age
Body mass index (BMI)	Every 2 years	18+
Total cholesterol	Every 5 years	18+
Blood pressure	Every 2 years	18+
Blood glucose	Every 5 years	18+
Flu shot	Every year	18+
Breast cancer screening	Every 2 years	40+
Cervical screening	Every 3 years	21+
Colorectal screening	Varies	50+

If you have had any of these screenings within the timeframes shown, they will show up as **DONE** on the website so be sure you check and see what you actually need to have done before you proceed



## If you need to have a biometric test done:

- It will be done at no charge to you as part of your preventive coverage
- You can schedule an appointment online or by phone for biometrics (blood pressure, cholesterol, glucose, BMI)
- Your completion status will show up on your wellness program page after about 30 days, so make sure you have all screenings and tests done by **mid-June**



# Complete an online health class OR use a health coach. You may complete as many as you like, but the program requirement is only one.

## Healthy Lifestyle Programs [less](#)

Kaiser Permanente offers a complementary suite of online healthy lifestyle programs. Complete any one healthy lifestyle program listed below within the program start and end dates.

### Eat healthy with Nourish

Do this by 7/31/2018

Nourish gives you an in-depth look at what you eat every day and helps you make healthy food choices.

[Do It](#)

### Explore ways to sleep better with Dream

Do this by 7/31/2018

Dream can help you gain greater control over your insomnia and get more of the sleep you need.

[Do It](#)

### Lose weight with Balance

Do this by 7/31/2018

Balance helps you get motivated, gain confidence, and overcome the challenges of losing weight. It offers resources such as exercise videos (which you can play on your computer or mobile device), goal-tracking tools, recipes, and more.

[Do It](#)

### Manage depression symptoms with Care for Depression

Do this by 7/31/2018

Care for Depression can help you gain greater control over your depression — and work toward feeling better.

[Do It](#)

### Manage diabetes with Care for Diabetes

Do this by 7/31/2018

Care for Diabetes is customized specifically for you to help you lead a healthier, more active life with diabetes.

[Do It](#)

### Quit smoking with Breathe

Do this by 7/31/2018

Breathe supports you as you explore why it's hard to quit smoking, while offering tips and advice to help you give up the habit.

[Do It](#)

### Reduce stress with Relax

Do this by 7/31/2018

Relax delivers a customized plan to help you manage symptoms and health issues related to stress.

[Do It](#)

### Take charge of your pain with Care for Pain

Do this by 7/31/2018

Care for Pain helps you examine how chronic pain affects your daily life, then helps you explore ways to manage it.

[Do It](#)

## Wellness Coaching by Phone [more](#)

## Wellness Coaching by Phone [less](#)

Get personal guidance over the phone as you work toward your wellness goals. Choose the topics you want to focus on and complete 2 calls on the same topic within the program start and end dates.

### Eat Healthy

Do this by 7/31/2018

Partner with a coach today to focus on healthy eating habits and good nutrition. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

### Get Active

Do this by 7/31/2018

Partner with a coach today to focus on healthy habits and living an active lifestyle. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

### Manage Weight

Do this by 7/31/2018

Partner with a coach today to focus on good eating habits and maintaining a healthy weight. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

### Quit Tobacco

Do this by 7/31/2018

Partner with a coach today to focus on quitting tobacco. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

### Reduce Stress

Do this by 7/31/2018

Partner with a coach today to focus on healthy habits that can help reduce stress. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.



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With Disease Management Accreditation and Health Information Privacy Certification



ACCREDITED (Health Plan) Expires 1/15/2018



12/2014



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With Disease Management Accreditation and Health Information Privacy Certification



ACCREDITED (Health Plan) Expires 1/15/2018



12/2014







Northern California Conference  
of Seventh-day Adventists

My Reward FAQ History



Hooray!

You have earned all of your Rewards!



## Northern California Conference of Seventh-day Adventists

Welcome to your wellness program

Northern California Conference of Seventh-day Adventists and Kaiser Permanente would like to welcome you to your wellness rewards program running from 1/1/2018 through 7/31/2018. Now, when you complete all of the wellness activities in the program listed below, you can earn up to 200 points towards your continued eligibility in the Tradition Plan, or similar, for the 2019 Plan Year from Northern California Conference of Seventh-day Adventists.

Throughout this program, you can stop by this site to check your progress.

- If you see a green check mark and the word "Done" next to an activity, it means that you've completed that activity and you can move on to any other activity that doesn't have a green check mark and the word "Done" next to it.
- When you see green check marks and the word "Done" next to all your activities, fireworks, and a completion message at the top of the page, it means you've finished the program.

**Don't wait!** Be sure to complete all of your activities by 7/31/2018 and strive to be your healthiest.



DONE

1



**200 points towards your continued eligibility  
in the Tradition Plan, or similar, for the 2019  
Plan Year**

Congratulations! You earned this reward on 10/27/2017  
Confirmation: 6E02631E-170005315



You must complete all of the activities by **July 31, 2018** to earn the 200 points.

“Rewards” is a generic term and in the case of NCC it means that you have earned your 200 points

Visit the FAQ section on the website.

What do I need to do to earn rewards?

You'll need to complete specific wellness activities defined by Northern California Conference of Seventh-day Adventists. To view a list of these activities, go to the "My Rewards" page.

What are the dates of the rewards program?

The rewards program runs from----- through-----.

This means you need to be current on or complete all of the required activities during these dates in order to earn rewards.

What happens if I register but do not complete the required activities?

***Completing any portion of the program may be beneficial to your health and well-being. However, if you do not complete all of the required activities, you will not earn up to 200 points towards your continued eligibility in the Tradition Plan, or similar, for the 2019 Plan Year.***



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# REVIEW: Top 5 tips for success

1. You may already be current on items like biometrics, depending on when you last had them done
2. A day after you create your account and authorize permission for data sharing, check back to see which items show a green check mark – these are within the guidelines so you have earned those rewards
3. Items **without** a green check mark are those you need to complete in order to continue to earn your points toward 200.
4. **DON'T WAIT** – all of the required elements are important, but for some, such as biometrics, you may have to make an appointment to have them done; if you need to have any screenings done, do them now so you don't risk not having them show up as completed (30 day lead time)
5. If you have any questions check the FAQs....if you have any problems, contact the Kaiser Permanente Rewards Customer Service line, which is shown on the website



# REMEMBER

- Go to <https://www.kp.org/engage>
- Complete requirements by -----
- Be current on biometrics, online health questionnaire, online class or health coaching
- *Earn 200 points towards your 2019 plan*





Thank you