

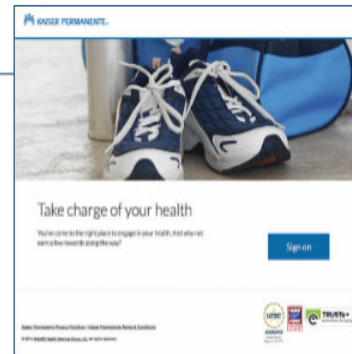
January 1, 2019 – July 31, 2019

KP members can earn eligibility for the Enhanced Health Plan in 2020
How? Complete a total health assessment, be current on biometrics, and take a new online health class or have a health coaching session

You'll need to accept the Wellness Program Agreement to participate. Here's how:

1 Sign on

- Visit the wellness program website at kp.org/engage.
- Sign on with your **kp.org** user ID and password.
- If you aren't yet registered on **kp.org**, click the "Register for an account" button to get a user ID and password.



2 Agree

- To receive credit for your activities, check "Yes" to accept the Wellness Program Agreement, then click "Submit."
- If you check "No," you will not earn credit for your Kaiser Permanente wellness program activities.

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 Kaiser Permanente wellness program activities.

3 Participate

- Get started on your wellness activities, which are listed on the "My rewards" page.
- Visit the website often to track the status of your activities online.

Look for the green check mark next to each wellness activity, which shows it's been completed. Then make sure to complete any activity without a green check mark by the November 15, 2019, deadline.

The rewards program runs from January 1, 2019, through November 15, 2019, and is open to all benefits-eligible NCC Seventh Day Adventists plan participants and their spouses 18 and older who are Kaiser Permanente members.

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



All members need to register online. Even if you participated previously, please go onto the rewards platform on or after January 1, 2019 and create a new account for this current year.