



# You're invited to earn healthy rewards

Complete these healthy activities by December 31, 2020, and earn a \$50 reward card.



## Join today

- Visit [kp.org/engage](https://kp.org/engage) and sign in with your kp.org user ID and password.\*
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Visit the website often to view and track the status of your activities.



## Here's what to do

- Get 4 biometric screenings: blood glucose, blood pressure, body mass index (BMI), and total cholesterol.
- Stay current on your recommended cancer screenings (breast, cervical, colon).
- Take the Total Health Assessment.
- Join a mission through the healthy lifestyle programs, or participate in Wellness Coaching by Phone.
- Confirm that you don't use tobacco in any form, or enroll in a program to help you quit



## Enjoy the rewards

- Complete all your activities by December 31, 2020
- Earn a \$50 reward card from Unity Healthcare

Sign in at [kp.org/engage](https://kp.org/engage)

\*To create an account, visit [kp.org](https://kp.org) and click "Register" located above the "Sign in" button.

The rewards program runs from May 1, 2020, through December 31, 2020, and is open to all full-time, benefits-eligible Unity Healthcare plan participants who are Kaiser Permanente subscribers and their spouses who are Kaiser Permanente members 18 and older covered by the Unity Healthcare health plan from Kaiser Permanente. You can take the Total Health Assessment or the healthy lifestyle programs as often as you like, but you can only earn a credit for the assessment or first mission(s) once during the reward period. Reward cards expire 12 months from 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

