

# An investment that's **DIFFERENT** **EARN UP TO \$1,000\***

\* Each member and covered spouse who each complete the Kaiser Permanente Wellness Program will receive a \$500 reward card – \$1,000 per household to spend on anything you choose!



## 2022 5-Step Wellness Program



### Step 1: Accept your Agreement

Sign on to [kp.org/engage](https://kp.org/engage) to accept your 2022 Wellness Program Agreement – check “yes,” then click submit.



### 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 either at a Kaiser Permanente medical office, or by a Kaiser Permanente clinician at an SHBP-sponsored screening event.



### 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.\*\*

For details or general questions:



[my.kp.org/shbp](https://my.kp.org/shbp)



855-512-5997

Rewards questions (including appeals) can be directed to:  
Rewards Customer Service  
866-300-9867 Monday-Friday,  
11 am – 8 pm EST or email  
[rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org)



**Complete your steps by  
November 30, 2022.**



Visit [kp.org/engage](https://kp.org/engage) to view and track the status of your activities.

\*\*You 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.



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