

Be good to yourself and enjoy the rewards



California's Valued Trust believes that knowing your numbers is the necessary foundation for good health. **This year we will continue to offer a \$200 reward for completing your biometric screenings. You will need to be current on your biometric screenings in order to earn up to an additional \$200 in rewards.** Just like last year, you will get credit for biometric and cancer screenings you are already current on, so you might have rewards waiting! In total, you'll be able to earn up to \$400 in Visa reward cards.


Go to kp.org/engage and enter your Kaiser Permanente log-in and password. If you do not currently have an account, click "Register for an account" to create one. Sign on starting October 1, 2018 and begin to earn rewards for the activities you complete before September 30, 2019.

<input type="checkbox"/>	\$200	Biometric screenings	<ul style="list-style-type: none"> Go to a KP lab to check your blood pressure, total cholesterol, glucose, and body-mass index (BMI) Send a message to your physician via www.kp.org to find out which screenings you need; remember, you may have already completed this
<input type="checkbox"/>	\$50	Total Health Assessment	<ul style="list-style-type: none"> Learn how your behaviors affect your health with an online questionnaire; visit www.kp.org/tha The results will be analyzed and you will receive a personal action plan to inspire your move to wellness
<input type="checkbox"/>	\$50 EACH (UP TO 3)	Healthy Lifestyle Program	<ul style="list-style-type: none"> Learn how to lose weight, quit smoking, manage insomnia, reduce stress, and more with our online programs To view all the programs available, visit www.kp.org/healthylifestyles
<input type="checkbox"/>	\$50 EACH (UP TO 2)	Wellness Coaching by Phone	<ul style="list-style-type: none"> Team up with a trained wellness coach to set and reach your goals like lowering stress or managing weight To schedule a session, call 1-866-862-4295, Monday through Friday from 6 a.m. to 7 p.m. (Pacific); you can learn more by visiting www.kp.org/wellnesscoaching
<input type="checkbox"/>	\$50	Flu Shot	<ul style="list-style-type: none"> Protect yourself with a flu shot from a KP flu clinic To find one near you, go to www.kp.org/flu or call <ul style="list-style-type: none"> - in Northern California: 1-800-573-5811 - in Southern California: 1-866-706-6358

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On the website, look for this check mark once you've completed an activity.

<input type="checkbox"/>	\$50 EACH (UP TO 3)	Cancer Screenings	<ul style="list-style-type: none"> • Get a breast, cervical, and/or colon cancer screening • Send a message to your physician via www.kp.org to find out which screenings you need; remember, you may have already completed this
<input type="checkbox"/>	\$50 EACH (UP TO 4)	Health Education Class	<ul style="list-style-type: none"> • Join us for our many health education classes aimed at helping you and your loved ones live well • Visit www.kp.org/classes to find a class near you
<input type="checkbox"/>	\$50	Wellness Champion	<ul style="list-style-type: none"> • Volunteer your time to start a wellness activity at your workplace as a wellness champion • To finalizing becoming a wellness champion, email fitforlife@cvtrust.org with your name, phone number, and school district
<input type="checkbox"/>	\$50	Prenatal Appointment	<ul style="list-style-type: none"> • Adding to your family? Make sure to go for a prenatal visit for your health and your baby's health • At the visit, talk to your physician about which prenatal screenings are right for you
<input type="checkbox"/>	\$50	Health Education for Expectant Parents	<ul style="list-style-type: none"> • Learn what it takes to care for your new addition • Visit www.kp.org/pregnancy to find a class near you

 On the website, look for this check mark once you've completed an activity.

 Get started at www.kp.org/engage

The rewards program runs from October 1, 2018 through September 30, 2019 and is open to subscribers of California's Valued Trust and their spouses or domestic partners. Program participants must be Kaiser Permanente members and enrolled in the HMO Plan with Wellness program.

Wellness program rewards are available to all eligible participants. If you think you can't meet a requirement for a reward because of your health, you may be able to earn it doing something else. Please contact your employer or union to learn more. They'll help you find a way to earn the same reward based on what's right for your health. If you like, your doctor can also be a part of this decision.

Need help?
Contact KP Rewards
Customer Service at
866-300-9867



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