

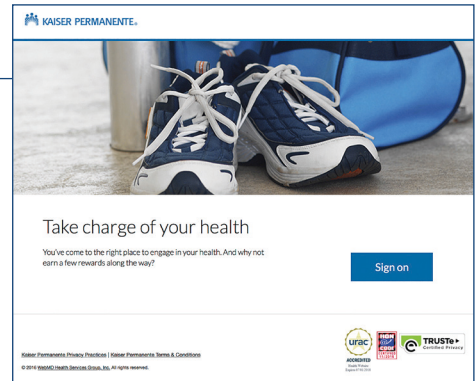
# Step-by-step instructions

Get started on the Kaiser Permanente HMO Plan with Wellness Program and earn up to \$400 in Visa reward cards from California's Valued Trust. The plan begins October 1, 2018 and ends September 30, 2019.

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 September 30, 2019, deadline.

The rewards program runs from October 1, 2018, through September 30, 2019, and is open to all California's Valued Trust subscribers and their spouses or domestic partners who are Kaiser Permanente members and on the Kaiser Permanente HMO Plan with Wellness Program.