

Be good to yourself and enjoy the rewards



California's Valued Trust believes that knowing your numbers is crucial for good health. This year, we have an exciting opportunity for you! By completing your biometric screenings and online Total Health Assessment, you can earn a \$200 reward card. Additionally, if you stay up-to-date on your cancer screenings and participate in either an online healthy lifestyle program or wellness coaching by phone, you can earn another \$200 reward card. Even if you are already current on your screenings, you will still receive credit and potentially have rewards waiting for you. In total, **you have the chance to earn \$400 in healthy rewards.**

Visit kp.org/engage and enter your Kaiser Permanente user ID and password. If you do not currently have an account, click "Register for an account" to create one. Sign on starting **October 1, 2023** and begin earning rewards for the activities you complete before **September 30, 2024**.

<input type="checkbox"/>	\$200	Biometric Screenings & Total Health Assessment	<ul style="list-style-type: none">• Required screenings include blood pressure, total cholesterol, blood 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.• 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"/>	\$200	Cancer Screenings & Healthy Lifestyle Program or Wellness Coaching by Phone	<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 some or all of your cancer screenings.• 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.• 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.

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, 2023 through September 30, 2024 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 Kaiser Rewards Customer Service at 866-300-9867

