

# Be good to yourself and enjoy the rewards



California's  
Valued Trust

California's Valued Trust believes that knowing your numbers is the necessary foundation for good health. This year we will offer a \$200 Visa reward card for completing your biometric screenings and online Total Health Assessment. A second \$200 Visa reward card can be earned for being up-to-date on your cancer screenings and completing one online healthy lifestyle program or Wellness Coaching by Phone sessions. 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 \$400 in Visa reward cards.

Go to [kp.org/engage](http://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, 2021 and begin to earn rewards for the activities you complete before September 30, 2022.

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|--------------------------------|--|---|
| <input type="checkbox"/> \$200 | <b>Biometric screenings &amp; Total Health Assessment</b>                                  | <ul style="list-style-type: none"><li>Required screenings include blood pressure, total cholesterol, blood glucose, and body mass index (BMI). Send a message to your physician via <a href="http://www.kp.org">www.kp.org</a> to find out which screenings you need; remember, you may have already completed this.</li><li>Learn how your behaviors affect your health with an online questionnaire; visit <a href="http://www.kp.org/tha">www.kp.org/tha</a>. The results will be analyzed and you will receive a personal action plan to inspire your move to wellness.</li></ul>   |
| <input type="checkbox"/> \$200 | <b>Cancer Screenings &amp; (1) Healthy Lifestyle Program or Wellness Coaching by Phone</b> | <ul style="list-style-type: none"><li>Get a breast, cervical, and/or colon cancer screening. Send a message to your physician via <a href="http://www.kp.org">www.kp.org</a> to find out which screenings you need; remember, you may have already completed some or all of your cancer screenings.</li><li>Learn how to lose weight, quit smoking, manage insomnia, reduce stress, and more with our online programs. To view all the programs available, visit <a href="http://www.kp.org/healthylifestyles">www.kp.org/healthylifestyles</a>.</li><li>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 <a href="http://www.kp.org/wellnesscoaching">www.kp.org/wellnesscoaching</a>.</li></ul> |



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

👉 Get started at [www.kp.org/engage](http://www.kp.org/engage)

The rewards program runs from October 1, 2021 through September 30, 2022 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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