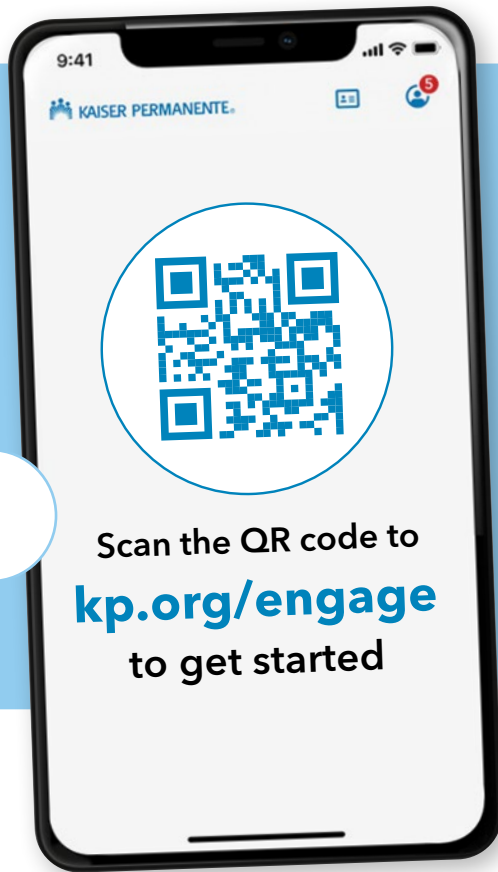


1



Don't miss out
on your
\$100
wellness reward

Our new wellness program will not require you to complete a wellness program agreement to earn your rewards.

Complete these activities to earn your reward—
and stay healthy!

2

Take the online Total Health Assessment

4

Complete age/gender-appropriate cancer screenings

3

Get your biometric screening


Complete or be current on your biometric screening at a Kaiser Permanente medical office.

5

Participate in Wellness Coaching by Phone

or complete a Daily Habit plan through the Healthy Lifestyle programs

Complete activities by
Sept. 30, 2026

Get full details at
 kp.org/engage