

Step-by-step instructions

Get started on your wellness program and earn great rewards from Insulators 16.



You'll need to accept the Wellness Program Agreement to participate. Here's how:

1 Sign on

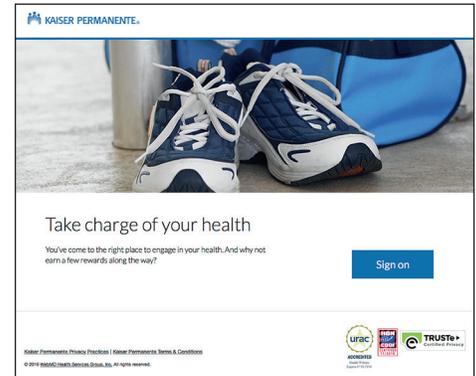
- Visit the wellness program website at kp.org/engage.
- Sign on with your **kp.org** user ID and password.
- If you aren't yet registered on **kp.org**, click the "Register for an account" button to get a user ID and password.

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.

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.



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.

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 March 31, 2017, deadline.

The rewards program runs from January 1, 2017, through March 31, 2017, and is open to all benefits-eligible Insulators 16 plan participants and their spouses or domestic partners 18 and older who are Kaiser Permanente members.

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.

