



You're invited to do something good for yourself

Tackle your health goals with a worksite wellness program and earn rewards.



Get started today

To start your program:

- Go to **kp.org/engage** and sign on using your kp.org user ID and password.
- Select "Yes" to accept the Wellness Program Agreement.
- Start your program, which is listed on the "My rewards" page.



Here's what to do

- Take the Total Health Assessment
- Join a mission through the healthy lifestyle programs
- Get 4 biometric screenings: blood glucose, blood pressure, body mass index (BMI), and total cholesterol.



Enjoy the rewards

When you take action by June 30, 2022, you'll enjoy these rewards up to \$100:

- Complete the Total Health Assessment and join 1 mission and earn a \$50 reward card.
- You'll also get a customized action plan to help you make healthy lifestyle changes.
- Complete all biometric screenings to earn a \$50 reward card

Start now. Visit **kp.org/engage** today.

Only LBUSD employees and their spouses/domestic partners enrolled in the Kaiser plan qualify for rewards. Wellness incentive rewards are taxable. The amount of the incentive rewards that employees obtain for themselves, and their spouses/domestic partners will be added to the employee's next available monthly pay check, and appropriate taxes deducted accordingly.

*To create an account, visit **kp.org** and click "Register" located above the "Sign in" button.

The rewards program runs through June 30, 2022, and is open to all employees who are Kaiser Permanente subscribers 18 and older covered by the health plan from Kaiser Permanente. You can take the Total Health Assessment or the healthy lifestyle programs as often as you like, but you can only earn a credit for the assessment or first mission(s) once during the reward period. Reward cards expire 12 months from date issued.

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

