

# We'll be at a location near you soon!

▶ Complete steps by **December 31, 2019.**

Complete the following steps prior to December 31, 2019 to  
**EARN A \$300 REWARD CARD OR HSA CONTRIBUTION**



## ACCEPT WELLNESS AGREEMENT

Sign on to [kp.org/engage](http://kp.org/engage) to accept your Wellness Program Agreement and check the status of your required steps. **Acceptance of the wellness agreement is required to receive the wellness reward.**



## GET YOURSELF SCREENED

Make sure you're current with all recommended age and gender appropriate preventive screenings for breast, cervical, or colorectal cancer.



## TAKE YOUR TOTAL HEALTH ASSESSMENT

Complete your online Total Health Assessment (THA). It's a confidential questionnaire that takes about 20 minutes.



## MAKE A LIFESTYLE CHANGE

Your choice - complete one online Healthy Lifestyle Program or partner with a coach through Wellness Coaching by Phone.



## GET YOUR BIOMETRIC SCREENING

Complete your biometric screening! Your non-fasting screening includes:

- blood pressure
- cholesterol
- hemoglobin A1c
- BMI (body mass index)

You can complete your appointment at a screening event, listed below. To schedule a biometric screening appointment at a City of Atlanta location, log on to [kp.org/wellnessevent](http://kp.org/wellnessevent). Enter sign up code: **COA**

See reverse for biometric screening locations. ▶▶



# Biometric Screening Events

Biometric screening location	Date	Time
<b>Watershed</b> 72 Marietta Street; Atlanta, GA	June 24, 2019	9:00 a.m. - 3:00 p.m.
<b>Police Annex</b> 3493 Donald Lee Hollowell Parkway NW; Atlanta, GA	June 17, 2019	9:00 a.m. - 3:00 p.m.
<b>Aviation-Hartsfield Jackson Airport</b> 6000 North Terminal Parkway; Atlanta, GA	June 11, 2019 June 13, 2019	9:00 a.m. - 3:00 p.m. 9:00 a.m. - 3:00 p.m.

## Can't make an appointment during these times?

You can always schedule an appointment at the City of Atlanta Wellness Center by calling **404-546-4730**.

You can also schedule an appointment at a Kaiser Permanente medical office. Simply call **404-365-0966** Monday - Friday, 7 a.m. to 7 p.m., to schedule a nurse visit at no cost to you.

For wellness reward details or questions:

 [kp.org/engage](https://kp.org/engage)

If you can't remember your password, or if you need help, please call Rewards Customer Service at **1-866-300-9867**, Monday-Friday, 11 a.m. - 8 p.m. EST.

City of Atlanta



 **KAISER PERMANENTE**®