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

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

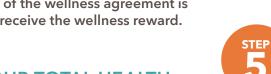
Complete the following steps prior to December 31, 2019 to

## EARN A \$300 REWARD CARD OR HSA CONTRIBUTION



#### **ACCEPT WELLNESS AGREEMENT**

Sign on to **kp.org/engage** 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.



### TAKE YOUR TOTAL HEALTH **ASSESSMENT**

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



#### **GET YOURSELF SCREENED**

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



#### 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. 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:



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.



