

# Be good to yourself and enjoy the rewards



Healthy living adds up! Earn up to \$400 by doing any of the activities below that you choose. Sign on after October 23, 2016 and get credit for anything you've done between Oct. 1, 2016 and Sept. 30, 2017. You will also get credit for screenings you are already current on, so you could have money already waiting for you! You must create an account each year to participate, so whether you have earned rewards before, or are new to this program, **mark your calendar for Oct 23 and go to [healthworks.kp.org/cvt](http://healthworks.kp.org/cvt) to get started!**

<input type="checkbox"/>	<b>\$50</b>	<b>Sign up on our rewards site</b>	<ul style="list-style-type: none"> <li>• Visit <a href="http://healthworks.kp.org/cvt">healthworks.kp.org/cvt</a> to get started.</li> <li>• Click on "Report progress" and enter the current date to automatically be registered.</li> </ul>
<input type="checkbox"/>	<b>\$50</b>	<b>Total Health Assessment</b>	<ul style="list-style-type: none"> <li>• Learn how your behavior affects your health with an online Total Health Assessment.</li> <li>• We'll build you a personal action plan to inspire your move to wellness.</li> </ul>
<input type="checkbox"/>	<b>\$50 EACH (UP TO 3)</b>	<b>Healthy lifestyle program</b>	<ul style="list-style-type: none"> <li>• Make health your lifestyle. Learn how to lose weight, quit smoking, manage insomnia, and more in our series of online programs.</li> </ul>
<input type="checkbox"/>	<b>\$50 EACH (UP TO 2)</b>	<b>Wellness Coaching by Phone</b>	<ul style="list-style-type: none"> <li>• Team up with a wellness coach to reach your goals, like losing weight or lowering stress.</li> <li>• To make an appointment, call <b>1-866-862-4295</b>, Monday through Friday from 6 a.m. to 7 p.m. Pacific time.</li> </ul>
<input type="checkbox"/>	<b>\$25</b>	<b>Flu shot</b>	<ul style="list-style-type: none"> <li>• Protect yourself with a flu shot at any Kaiser Permanente flu clinic.</li> <li>• To find one near you, call: Northern California: <b>1-800-573-5811</b> Southern California: <b>1-866-706-6358</b></li> </ul>
<input type="checkbox"/>	<b>\$75</b>	<b>Biometric screening</b>	<ul style="list-style-type: none"> <li>• Check your blood pressure, total cholesterol, and BMI.</li> <li>• Talk to your physician about which screenings are right for you.</li> </ul>

(continues on back)



At the website, look for this green check mark once you've completed each activity.

(continued from front)

<input type="checkbox"/>	<b>\$25 EACH</b> (UP TO 2)	<b>Cancer screening</b>	<ul style="list-style-type: none"><li>• Get a mammogram or a cervical or colon cancer screening.</li><li>• Talk to your physician about which screenings are right for you.</li></ul>
<input type="checkbox"/>	<b>\$50 EACH</b> (UP TO 4)	<b>Health education class</b> (Some classes may have a fee.)	<ul style="list-style-type: none"><li>• Join us for our many health education classes aimed at helping you and your loved ones manage health conditions and live well.</li><li>• Visit <a href="http://kp.org/classes">kp.org/classes</a> to find a class near you.</li></ul>
<input type="checkbox"/>	<b>\$50</b>	<b>Wellness Champion</b>	<ul style="list-style-type: none"><li>• Wellness Champions lead the way to positive change. Volunteer your time to start a wellness activity in your workplace.</li><li>• To sign up as a Wellness Champion, email <a href="mailto:fitforlife@cvtrust.org">fitforlife@cvtrust.org</a> with your name, phone number, and school district.</li></ul>
<input type="checkbox"/>	<b>\$50</b>	<b>Prenatal appointment</b>	<ul style="list-style-type: none"><li>• Adding to the family? Sign up for a prenatal visit and get yourself prepped for pregnancy.</li><li>• Talk to your physician about which prenatal screenings are right for you.</li></ul>
<input type="checkbox"/>	<b>\$50</b>	<b>Health education for expectant mothers</b>	<ul style="list-style-type: none"><li>• Learn what it takes to care for two – your baby and yourself.</li><li>• Visit <a href="http://kp.org/pregnancy">kp.org/pregnancy</a> to find a class near you.</li></ul>



At the website, look for this green check mark once you've completed each activity.



Get started at [healthworks.kp.org/cvt](http://healthworks.kp.org/cvt).

The rewards program runs from October 1, 2016 through September 30, 2017, and is open to members of California's Valued Trust and their spouses or domestic partners who are 18 and older, Kaiser Permanente members, and enrolled in the HMO Plan with Wellness Program.

Wellness program rewards are available to all eligible participants. If you think you can't meet a requirement for a reward because of your health, you may be able to earn it by doing something else. Please contact your employer or union to learn more. They'll help you find a way to earn the same reward, based on what's right for your health. If you like, your doctor can also be part of this decision.

**Need help? contact KP  
Rewards Customer Service  
at 1-866-300-9867**

