



Healthy living can really add up

Get started on earning rewards with your Kaiser Permanente HMO Plan with Wellness Program

California's Valued Trust (CVT) members

Everyone wants to be healthy, but not everyone knows how to get started. CVT wants to help you create a plan to get on the healthy track. With the Kaiser Permanente HMO Plan with Wellness Program, you get health coverage and tools to help you activate your health—and earn rewards.

Good health—point by point

Watch how healthy living can add up by using the tools and resources from your HMO Plan with Wellness Program. You can earn up to 400 points by completing any combination of the following reward activities between October 1, 2013, and September 30, 2014. Then redeem your points for Visa reward cards and reap the benefits. Each point you earn is equal to one dollar.

Please note, the rewards site will be undergoing an annual refresh from October 1 to October 14, but you can still complete reward activities during this time. Starting October 15, you can return to the rewards site to review your points and redeem your rewards.

Visit the rewards site to get started

Take the first step toward earning rewards. Visit my.kp.org/ca/cvt and click on the link in the "HealthWorks Rewards Program" section. Then just follow the directions below.

Register on the rewards site—50 points

As a returning Wellness Program member, you will need to reregister for the rewards program to earn your points. On the rewards site, click on "Report progress" and enter the current date to automatically be registered. Then you can start on wellness activities that qualify for rewards.

For the following activities, rewards will be automatically posted to your account. That means you don't have to report that you've completed them.

Complete an online Total Health Assessment—50 points

You'll receive a personalized action plan to help you make simple lifestyle changes that can improve your health. On the rewards site, just click on the link for the online Total Health Assessment to get started.

Complete an online healthy lifestyle program—50 points per program (up to three)

Choose from a variety of programs designed to help you lose weight, quit smoking, reduce stress, manage an ongoing health condition, eat healthier, and more. On the rewards site, click on the link to get started on an online healthy lifestyle program.

Get your annual flu shot—25 points

To be eligible for the reward, you must complete your flu shot at a Kaiser Permanente facility. To find a flu clinic near you, call:

- Northern California: **1-800-573-5811**
(1-800-KP-FLU-11)
- Southern California: **1-866-706-6358**
(1-866-70-NO-FLU)

my.kp.org/ca/cvt

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Be current with preventive care screenings—75 points for three screenings

Regular health screenings can help you and your doctor stay on top of your health.

- To earn this reward, you'll need to be up-to-date with your blood pressure, BMI, and total cholesterol screenings.
- Talk to your personal physician about which health screenings are right for you.

Be current with cancer screenings—25 points per screening

Staying up-to-date with cancer screenings can be an important part of protecting your health.

- Rewards can be earned for mammograms and cervical and colorectal cancer screenings, as appropriate for your age and gender.
- Make sure you're current with all appropriate screenings. Talk to your personal physician about which cancer screenings are right for you.

For the following activities, you'll need to report your reward activity by going to my.kp.org/ca/cvt and clicking on the link under "Wellness Program." Then choose the link "How to report activity and redeem rewards" and click on the link to sign on to the rewards site.

Get one-on-one Wellness Coaching by Phone—50 points per session (up to two)

Partner with a coach on the phone to focus on healthy habits and create a personalized plan to help you reach your goals.

- To make an appointment, call **1-866-862-4295**, Monday through Friday from 6 a.m. to 7 p.m. Pacific time.

Enroll in a health class—50 points per class (up to four)

Whether your goal is to lower your cholesterol, prepare for parenthood, or manage stress, our health classes can help you get there. Classes offered at your workplace also qualify for rewards.

- Visit kp.org/classes to find a class near you. Some classes may require a fee.

Become a Wellness Champion for your CVT district—50 points

Sign up between October 1 and December 31, 2013, to help plan and facilitate employee Wellness Program activities for your district. Upon completion of the activities, you can return to the rewards site to redeem your rewards.

If you're pregnant, schedule a prenatal appointment and attend one health education class for expectant mothers—50 points each

Get ahead of the game by taking care of yourself—and your child's health—when you're pregnant.

- Talk to your personal physician about recommended prenatal screenings.
- Visit kp.org/pregnancy for related health education classes.

How to redeem your reward points

For each activity you complete, points will appear in your account on the rewards site. You'll be able to view your points and redeem them for a Visa reward card. One point equals one dollar. Don't forget that some activities require you to report that you've completed them on the rewards site.

For more information about this plan or about the wellness activities, contact CVT Member Services at **1-800-288-9870**.

The rewards program runs from October 1, 2013, through September 30, 2014, and is open to members of California's Valued Trust, and their spouses or domestic partners, who are 18 and older and Kaiser Permanente members.

my.kp.org/ca/cvt

