



Starting January 15, 2016

Kaiser Permanente Members: Participate in REEP Wellness activities and earn up to \$150 in rewards!

As part of the REEP Wellness program, school district employees enrolled in a Kaiser Permanente medical plan through REEP can earn up to **\$150 in gift cards**. REEP members currently enrolled in a Kaiser Permanente medical plan will have until **November 30, 2016** to maximize their rewards. Spouses and dependents are encouraged to participate in the REEP Wellness Program offered through Kaiser Permanente; however, rewards are for school district employees only.

Here's a list of awardable wellness activities and the rewards you can earn:

<u>Wellness Activity</u>	<u>Reward Amount</u>
Register on kp.org.....	\$25 gift card
(If you have already registered on kp.org, you will just need to agree to the Wellness Program Agreement on the rewards platform to earn the gift card.)	
Complete the Kaiser Permanente Total Health Assessment.....	\$25 gift card
Complete Kaiser Permanente Healthy Lifestyle Programs on kp.org.....	\$50 gift card per program (Maximum of 2 gift cards)
Complete two (2) Kaiser Permanente Wellness Coaching by Phone sessions on the same health topic.....	\$50 gift card

Please note:

- The total **maximum** combined amount of gift card rewards you can earn is **\$150**.
- Activities must be completed between **January 15 - November 30, 2016** in order to qualify for the rewards.
- See reverse side for step-by-step instructions on completing each required step.

PRIVACY AND CONFIDENTIALITY OF YOUR PERSONAL INFORMATION: We value and understand the importance of the privacy of your personal information, and have put many safeguards in place to ensure the confidentiality of your personal health information collected through your participation in the REEP employee wellness program. Your personal health assessment results will be collected by external vendors, and REEP will only receive aggregate reporting, which will be used by REEP to design wellness initiatives that focus on the greatest needs of our employee population. No individual results will be shared with REEP or your employer.



Step-By-Step Instructions

Get started participating in the REEP Wellness program **and earn up to \$150 in rewards.**

You'll need to accept the Wellness Program Agreement to participate. Here's how:

1. Sign on

- Go to <https://healthworks.kp.org/REEP> and click on the "Sign-on" button.
- Sign on by entering your kp.org user ID and password.
- If you are not registered at kp.org, click the "Register now" button to get a user ID and password.

2. Agree

- To receive credit for your activities, check "Yes" to accept the Wellness Program Agreement, then click "Submit."

- If you check "No," you will not earn credit for your REEP wellness program activities.

3. Registration

- Update or provide your contact information.

4. Participate

- Get started on your wellness activities, which are listed on the "My rewards" page.
- Visit the website often to track the status of your activities online.



Look for the green check mark next to each wellness activity, which shows it's been completed. Then make sure to complete any activity without a green check mark by **November 30, 2016.**

Once activities are completed click the "redeem points" button to activate rewards. Rewards will arrive via mail in 4-6 weeks.

Questions? Please contact Kaiser Permanente Customer Service at rewardscustomerservice@kp.org or via phone at 866.300.9867 for assistance.

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