

NWP Wellness Passport

www.nwpwellness.org

January, February, & March 2019

[Click here for passport guidelines!](#)

Complete 3 categories and choose one of the following: Family Plus membership to OMSI, \$125 REI gift card, \$125 added onto your paycheck!!!

Please click on the colored buttons to see guidelines for completing each activity

Physical

Complete one of the following:

35 minutes of activity, 5 times a week

Talk with a health coach

Log 300,000 steps using an activity tracker

Participate in an organized fitness related event

Pray

Give gratitude

Practice meditation or metta

Practice yoga, Pilates, or tai chi

Spiritual/Emotional

Complete one of the following:

Read (or listen to) a book

Read 3 articles

Intellectual

Complete one of the following:

Password Management App

Financial Guidance Consultant

Emergency Savings Account

Financial

Complete one of the following:

Other

Complete one of the following:

How did you use your incentive?

NWP Commuting Survey

This passport applies to Northwest Permanente staff only.

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Submit all documentation to nwpwellness@kp.org or to NWP Wellness, KPB 16.