

NWPerm Wellness Passport

www.nwpwellness.org

January, February, & March 2021

[Click here for passport guidelines!](#)

Complete 3 categories and choose between a \$125 REI gift card OR \$125 added onto your paycheck!!!

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

Physical

Complete one of the following:

[Move More](#)

[Cholesterol Check](#)

[Online Workout Sites](#)

[Log 350,000 steps using an activity tracker](#)

[Recognition Survey](#)

[Pray](#)

[Pay It Forward](#)

Spiritual/Emotional

Complete one of the following:

[Practice yoga, Pilates, or tai chi](#)

Intellectual

Complete one of the following:

[Active Listening](#)

[Personality Type](#)

[Financial Wellness Checkup](#)

[Emergency fund](#)

[Perm Pod](#)

Financial

Complete one of the following:

Other

Complete one of the following:

[Wellness Survey](#)

[Virtually Volunteer](#)

This passport applies to Northwest Permanente staff only.

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Submit all documentation to nwpwellness@kp.org