

Northwest Permanente Wellness Passport Guidelines

January – March 2019

Intellectual: Read (or listen to) a book

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Diving into a good book not only lets you spend some quiet time by yourself, but it also does a multitude of other things: improves your focus and concentration, improves your imagination, reduces stress, improves your memory, etc.

If you commute a lot, are a multi-tasker, or just don't like to read you can listen to an audiobook. The apps Overdrive and Libby are free and only require a library card to sign up (most libraries in the US utilize both of these apps).

To receive credit, read (or listen to) a book during Q1 and submit the following via email to NWPWellness@kp.org

- What book did you read?
- Please write a few sentences about who you liked about your book or what you didn't like. Did you notice any difference in your mood when you were done reading?

Please submit all documentation to NWP Wellness, KPBC 16
or e-mail: nwpwellness@kp.org