

Northwest Permanente Wellness Passport Guidelines

February – March 2015

Movement: 30 Minutes of Activity, 3 Times a Week

Complete 30 minutes of activity, 3 times a week:

Log your activity for two weeks, including dates, times and description of activities to receive credit for this category of the Wellness Passport for February – March 2015. E-mail your activity log to:

nwpwellness@kp.org

Please submit all documentation to NWP Health & Wellness, KPB 15
or e-mail us at: nwpwellness@kp.org