

Northwest Permanente Wellness Passport Guidelines

October – December 2017

Other: **Humble Brag**

Humble Brag

There are many amazing things done in our organization but most individual accomplishments go unnoticed or unrecognized due to time, workload, or simple modesty. Now is the time to promote your accomplishments and successes.

To get credit for this activity, submit 2 wellness related humble brags by clicking the button below.

Examples could include; I ran my first race, meditated daily for two weeks and didn't fall asleep, got 1st in a golf tournament, created a budget and have been sticking to it, ect. Feel free to include a picture(s) of your endeavors/accomplishments/successes.

Humble Brag On-line Form

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