

# Northwest Permanente Wellness Passport Guidelines

June – August 2015

## Other Wellness Challenges: Sign Up on Go KP

### Sign Up on Go KP:

Go KP is a new online program custom-designed to help Kaiser Permanente employees move more, have fun, and thrive! With Go KP you can focus on your personal health goals — getting fit , eating more fruits and vegetables, or having enough energy to keep up with your kids — and challenge your co-workers to make their health a priority, too.

Use Go KP and all its fun features to help boost your energy levels, enhance your well-being, meet your fitness and nutrition goals, and feel your healthy best.

Click the button below for instructions for signing up on Go KP. Once you're signed up, send an e-mail to: [nwpwellness@kp.org](mailto:nwpwellness@kp.org) and let us know!

[Click here for instructions on signing up on Go KP](#)

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