

## Northwest Permanente

# 2015 Rewards of Wellness: Part 1 Guidelines

The NWP Rewards of Wellness Program is a voluntary program for our physicians, clinicians and administrative staff designed to encourage and support participation in wellness related activities. The program will run from January 1 – December 1st, 2015. The NWP Rewards of Wellness Program is offered in place of the KFHP Total Health Incentive Program for Northwest Permanente Physicians, Clinicians and Administration.

## Part One: Planning Your Trip!

**1** Complete or update your Total Health Assessment within the last 12 months

**2** Have no open care gaps due for closure in 2015

**3** Sign up for the Active Living MBRG

OR

Sign up for Go KP

Completing all three components of Part 1 will earn you a **Fitbit Zip**, access to the Wellness Passport and a consultation with a NWP Health & Wellness team member to help you setup your Fitbit and discuss the 2015 program with you!

You must complete Part 1 to get access to the Wellness Passport.

### Terms & Conditions:

- Incentive amounts are subject to individual payroll taxes.
- No protected health information will be shared with or made available to the NWP Health & Wellness program administration.
- A reasonable alternative may be requested from a NWP Health & Wellness representative to satisfy a requirement for the 2015 Rewards of Wellness Program as necessary.

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