

Northwest Permanente Wellness Passport Guidelines

January - March 2019

Physical: Log 300,000 steps

If you own an activity tracker, log 300,000 steps

If you own a Fitbit

Start logging your steps! Once you reach 300,000 steps, click on the button below to find out how to send us your documentation to earn credit for this category. Alternatively, you can also take a photo/screenshot showing you've reached the 300,000-step goal and email it to nwpwellness@kp.org.

OR

If you own a different activity tracker

Most activity trackers have the ability to export an activity report based on a certain date range. To fulfill this Passport item, email your January – March activity report that shows you've reached 300,000 steps to nwpwellness@kp.org.

If you own a Fitbit, click here for a step-by-step guide for sending in your step count!

Please submit all documentation to NWP Wellness, KP16
or e-mail: nwpwellness@kp.org