

# Northwest Permanente Wellness Passport Guidelines

April – June 2017

## **Physical: Log 400,000 Steps**

**If you own an activity tracker, log 400,000 steps**

### If you own a Fitbit

Start logging your steps! Once you reach 400,000 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 400,000 step goal and email it to [nwpwellness@kp.org](mailto: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 June - August activity report that shows you've reached 400,000 steps to [nwpwellness@kp.org](mailto: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 Health & Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)