

Northwest Permanente Wellness Passport Guidelines

April - June 2019

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.

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 April – June activity report that shows you've reached 400,000 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, KPB 16
or e-mail: nwpwellness@kp.org