

Northwest Permanente Wellness Passport Guidelines

July - September 2019

Physical: Organized fitness related activity

Participate in an organized fitness event:

Submit a copy of a registration receipt for an organized fitness activity to nwpwellness@kp.org. Examples include: [Portland Parks & Rec 5k Fun Run Series](#), [Bridge of the Gods Run](#), [Oktoberfest Road Race](#) or any other NWP Wellness approved activities.

Please submit all documentation to NWP Wellness, KPBC 16
or e-mail: nwpwellness@kp.org