

Northwest Permanente Wellness Passport Guidelines

January – March 2018

Physical: Organized walk or run

Participate in an organized fitness event:

Submit a copy of a registration receipt for an organized walk or run to nwpwellness@kp.org. Examples include: [Worst Day of the Year Run](#), [Buck Mountain Mudslinger Trail Run](#), [Dirty Leprechaun Run](#) or any other NWP Wellness Consultant approved activities.

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