

Northwest Permanente Wellness Passport Guidelines

June - August 2016

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: [Portland Parks & Rec \\$5 5ks](#), [Bridge of the Gods 5K/10K/Half](#), [Hood to Coast](#) or any other NWP Wellness Consultant approved activities.

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