

# Northwest Permanente Rewards of Wellness Program Guidelines

## Part Three: Get Involved!

### Fitness Activity Guidelines:

- Participants must submit a copy of a registration receipt for the event or activity.
- A **one-time payment** of \$100 will be given for participation in any team or individual community based (KP sponsored or not) fitness activity, such as a walk, run, triathlon, biking event, stair climbs, etc. Examples include Shamrock Run, Hood To Coast, Portland Marathon/Triathlon, American Lung Association's Climb for Clean Air, Reach The Beach, Monster Cookie Ride, or other wellness activities\*.

\*Other Wellness Activities: Includes gym memberships, fitness/wellness classes such as yoga, pilates, Tai Chi, Crossfit, an Oregon or Washington public transit pass or if you regularly commute to work via bike or by walking, or other activities as approved by the NWP Wellness Coordinator.

### Terms & Conditions:

- Events must occur in 2014
- Participants are eligible for reimbursement for one team OR one individual event, OR one "other" activity through the end of 2014

**Please submit all documentation to NWP Health & Wellness, KP 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)**