

Northwest Permanente Rewards of Wellness Launch Pad

*****FINAL SUBMISSIONS DUE BY DECEMBER 10th, 2014*****

What You Need to Know

KP.org

Part One: Get Up to Date!

Click here for information on completing the Total Health Assessment

Click here for information on completing the optional RealAge Test

Click here for information on finding your Healthcare Reminders & Personal Action Plan

You must complete Part One to be eligible for incentive dollars in Part Two & Three below.

Part Two: Get Inspired!

Click here for Weight Management Education Guidelines

\$100

Click here for Smoking Education Guidelines

\$100

Click here for information on the Stress Management Program

\$100

Click here to watch the Wellness Brown Bags

\$100

Click here for Wellness Brown Bag Online Viewing Instructions

Part Three: Get Involved!

Pay me for my Fitness Activities
\$100

Enter me into the grand prize drawing for my Volunteer Service

Get My Family Involved

Wellness Reminders

Volunteer Activity Guidelines

Thriving Schools

Other Volunteer Opportunities

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