

Northwest Permanente Wellness Passport Guidelines

April – May 2016

Social: 30 Minutes of Activity with a Co-worker, 2 Times a Week

Complete 30 minutes of activity with a co-worker, 2 times a week:

Log your activity for four weeks, including dates, times, and description of activities to receive credit for this category of the Wellness Passport for April – May 2016. E-mail your activity log to: nwpwellness@kp.org

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