

Northwest Permanente Wellness Passport Guidelines

April - June 2017

Spiritual: Practicing Meditation

Attend 5 “Mindfulness Meditation” Sessions:

“Mindfulness Meditation” is a guided meditation session that is held every Monday, Wednesday & Friday from 11:30 to 11:45 in the KPBMeditation Room at the bottom of the stairs leading down to the basement from the Employee Wellness Center. Simply attend 5 sessions and fill out the Online Self-Report Meditation Form found by clicking on the button below.

OR

Listen to the Metta Meditation episode on Perm Pod podcast:

Download the NWP podcast called Perm Pod, listen to the Metta Meditation episode then fill out the Online Self-Report Meditation Form found by clicking on the button below.

For more information on how to download Perm Pod click here - [Perm Pod](#)

OR

Self-report practicing five, 15 minute meditation sessions:

Practice meditation on your own time. [Check out this link for a few guided meditation provided by UCLA.](#) After you have completed your 5 meditation sessions, click the button below to fill out the online self-report meditation form to receive credit:

[Click here for the Online Self-Report Meditation Form](#)

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