

# Northwest Permanente Wellness Passport Guidelines

June - August 2016

## **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

**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](mailto:nwpwellness@kp.org)