

Northwest Permanente Influenza Passport Guidelines

October - December 2019

Step 2: Spiritual/Emotional Options

Spiritual/Emotional Options

To receive credit for this category, complete any ONE of the options below. Click the buttons for more information.

Pray

Practice meditation or metta

Give gratitude

Practice yoga, Pilates, or tai chi

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