

An investment that's LIKE NO OTHER

\$100

Each member and covered spouse who each complete the Kaiser Permanente Wellness Program will receive a \$100 reward card— \$200 per household to spend on anything you choose!

2024 5-Step Wellness Program

Step 1: Accept your Agreement

Sign on to kp.org/engage to accept your 2024 Wellness Program Agreement —if you check "no" or if you do not complete this step, you will not earn credit for your Kaiser Permanente Wellness Program activities.

Step 2: Take Your Total Health Assessment

Complete your Kaiser Permanente Total Health Assessment (THA) online. The questionnaire is confidential and takes about 10 minutes.

Step 3: Know Your Numbers

Complete a Biometric Screening at a Kaiser Permanente site.