



## Participate in REEP Wellness activities and earn \$125 in rewards!

As part of the REEP Wellness program, school district employees enrolled in a Kaiser Permanente medical plan through REEP can earn a \$125 gift card by completing various wellness activities between **July 1, 2019 and May 31, 2020**.

For rewards-eligible employees, here's how to do it:

**Step 1: Sign on and register. (See instructions on back of flyer)**

**Step 2: Participate**

- ✓ Complete all wellness activities which are listed on the "My rewards" page. Wellness activities each participant is required to complete are as follows:

- **Total Health Assessment**

- **Biometric and Cancer Screening Compliance (Age/Gender Appropriate)** - Kaiser Permanente Members can utilize past screening results. Log in to the Kaiser Permanente Rewards platform for a list of required screenings. Completed screenings are indicated with a green check mark. After logging into the rewards platform there may be a 3-week delay before the green check mark appears for completed Biometric and Cancer Screenings. Any outstanding screenings will need to be completed with your Kaiser Permanente physician to receive credit. Please review FAQs on the rewards platform for further information.

- **ONE Lifestyle Wellness Activity**

- One (1) online Healthy Lifestyle Program.....OR
- Two (2) Kaiser Permanente Wellness Coaching by Phone sessions
  - ✓ First call is the intake call and the 2nd call is the coaching session

- ✓ After completing all activities you will receive one \$125 gift card.
- ✓ See back of flyer for additional instructions on completing REEP Wellness Program activities.

For spouses and dependents of REEP employees - while you are not eligible for the \$125 gift card reward, you can participate in these wellness activities too! Log on to [kp.org/action-plan](http://kp.org/action-plan) on your computer or mobile device and enter your username and password. You'll be sent straight to your Personal Action Plan where you can utilize the great KP tools and resources to better manage your health.



## Step-By-Step Instructions

Get started participating in the REEP Wellness program and earn a \$125 reward gift card.

**You'll need to accept the Wellness Program Agreement to participate. Here's how:**

### 1. Sign on

- Go to <http://kp.org/engage> and click on the "Sign-on" button.
- Sign on by entering your kp.org user ID and password.
- If you are not registered at [kp.org](http://kp.org), click the "Register now" button to get a user ID and password.

### 2. Agree

- To receive credit for your activities, check "Yes" to accept the Wellness Program Agreement, then click "Submit."
- If you check "No," you will not earn credit for your REEP wellness program activities.

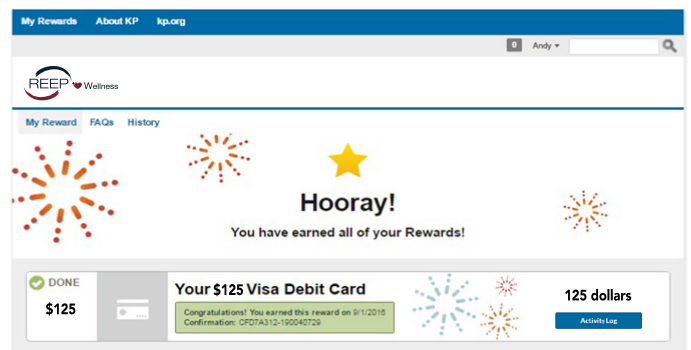
### 3. Registration

- Provide or update your contact information.

### 4. Participate

- Get started on your wellness activities, which are listed on the "My rewards" page.
- Visit the website often to track the status of your activities online.

### 5. Complete the rewards requirements



### Questions?

Please contact Kaiser Permanente Customer Service at [rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org) or via phone at 866.300.9867 for assistance.

### Eligibility for the Gift Card Rewards Program:

The gift card rewards program is only available to REEP subscribers enrolled in Kaiser Permanente. Spouses and domestic partners are not eligible for gift cards (unless they are also REEP member school district employees, who must call 866.300.9867 to receive their earned rewards), but are strongly encouraged to complete their [kp.org/action-plan](http://kp.org/action-plan). Please allow 4-6 weeks for delivery of gift cards via U.S. mail. Please note that gift cards are taxable by the IRS as employee income.

### Protection and Use of Personal Information:

Personal information obtained through the REEP Wellness program will be collected, securely stored, and used by Kaiser Permanente to provide wellness program services to participants. Your individual results will not be shared with REEP or any other entity, except when required by law. A summary of the group results, with no personal identifiers, will be provided to REEP for designing effective wellness initiatives for REEP members.