



Move toward rewards

Join the DC Government wellness program and earn up to \$200 in rewards.



Join today

- Visit kp.org/engage and sign on with your kp.org user ID and password.¹
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Visit the website often to view and track the status of your activities.



Here's what to do

- Get 4 biometric screenings: blood glucose, blood pressure, body mass index (BMI), and total cholesterol.
- Stay current on your recommended cancer screenings (breast, cervical, colon).
- Take the Total Health Assessment.
- Join a mission through the healthy lifestyle programs, or participate in wellness coaching by phone.



Enjoy the rewards

- Complete all your activities by **December 31, 2023**.
- Earn up to \$200 in rewards. A \$50 reward is earned for each activity completed.

Start now. Sign on at kp.org/engage.

¹If you're not yet registered at kp.org, click the "Register for an account" button to get a user ID and password.

The rewards program runs from January 1, 2023, through December 31, 2023 and is open to all DC Government employees who are Kaiser Permanente subscribers 18 and older covered by the DC Government health plan from Kaiser Permanente. Reward cards expire 12 months from date issued.

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852