

Health Engagement Platform

SCREENSHOTS



2021 Government of the District of Columbia
Incentive Program for Kaiser Permanente Members
Screenshots for Rewards Portal
February 23, 2021


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Screen Captures

Portal Landing Page

Portal URL – <https://www.kp.org/engage>






Take charge of your health

You've come to the right place to engage in your health. And why not earn a few rewards along the way?


[Sign on](#)

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With Disease Management Accreditation and Health Information Products Certification




ACCREDITED Health Website Expires 07/01/2020

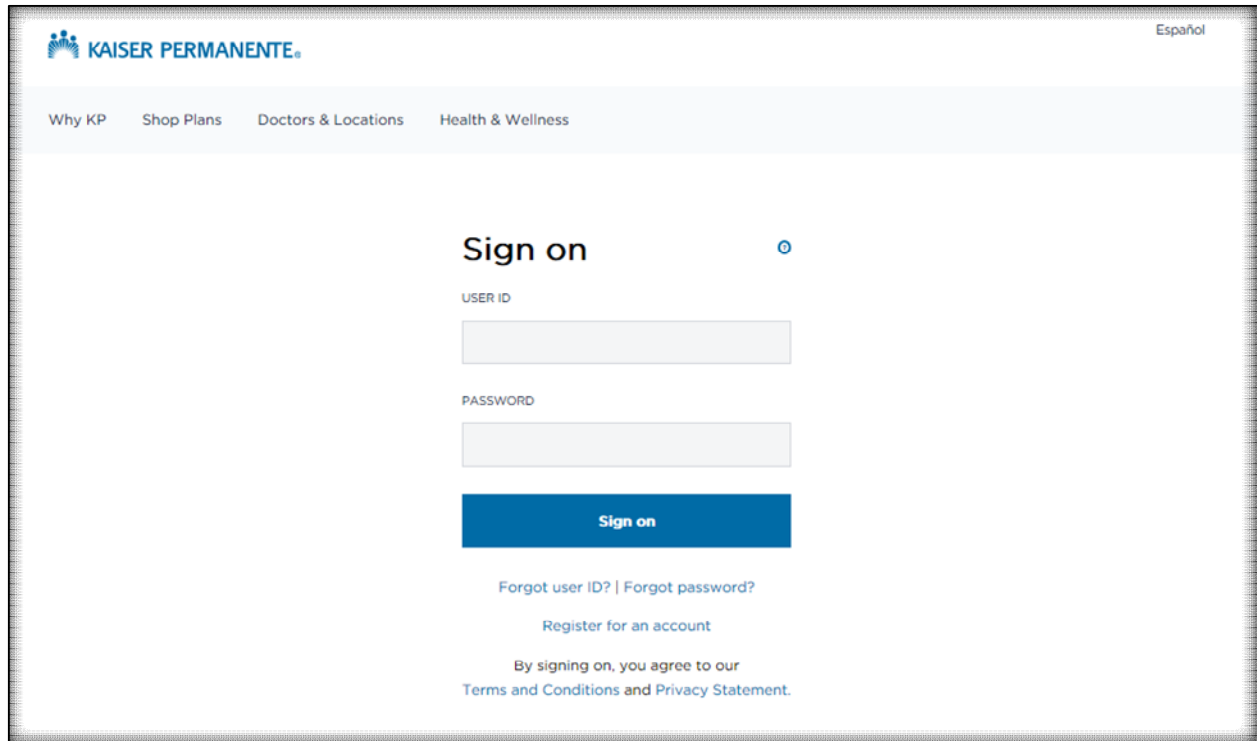




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Member Sign on Page



The image shows the Kaiser Permanente Member Sign on page. At the top left is the Kaiser Permanente logo. At the top right is a link for "Español". Below the logo is a navigation bar with links: "Why KP", "Shop Plans", "Doctors & Locations", and "Health & Wellness". The main heading is "Sign on" with a small circular icon to its right. Below the heading are two input fields: "USER ID" and "PASSWORD". Below these fields is a blue "Sign on" button. Under the button are links for "Forgot user ID? | Forgot password?", "Register for an account", and a statement: "By signing on, you agree to our Terms and Conditions and Privacy Statement."

KAISER PERMANENTE®

Español

Why KP Shop Plans Doctors & Locations Health & Wellness

Sign on

USER ID

PASSWORD

Sign on

[Forgot user ID? | Forgot password?](#)

[Register for an account](#)

By signing on, you agree to our [Terms and Conditions](#) and [Privacy Statement](#).

Wellness Program Agreement Page 1



Want to start earning rewards? We need your permission first!

Wellness activities
lead to rewards



You can start earning rewards for a variety of wellness activities through a voluntary program offered by the people who manage your health plan. ▲

Depending on who offers your health plan, this could be your employer, plan administrator, or union

We (Kaiser Permanente) ▲

“Kaiser Permanente” means both the company that provides your health care coverage (a Kaiser Permanente health plan) and your doctors (a Permanente medical or dental group). It also includes different groups depending on where you live:

All states where we do business:

Kaiser Foundation Health Plan, Inc.

California:

Kaiser Foundation Health Plan, Inc., Northern California Region; Kaiser Foundation Health Plan, Inc., Southern California Region; The Permanente Medical Group, Inc.; Southern California Permanente Medical Group

Colorado:

Kaiser Foundation Health Plan of Colorado; Colorado Permanente Medical Group, P.C.

Georgia:

Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000; The Southeast Permanente Medical Group, Inc.

Hawaii:

Kaiser Foundation Health Plan, Inc., Hawaii Region; Hawaii Permanente Medical Group, Inc.

Mid-Atlantic States:

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852; Mid-Atlantic Permanente Medical Group, P.C.

Northwest:

Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232; Northwest Permanente, P.C.; Permanente Dental Associates, P.C.

Washington:

Kaiser Foundation Health Plan of Washington; Kaiser Foundation Health Plan of Washington Options, Inc.; 601 Union St., Suite 3100, Seattle, WA 98101

ask your permission to share information about your participation in health and wellness activities so that you can earn rewards through this program. For example, the data can include things like whether you completed preventative screening tests for your blood pressure, blood sugar, and cholesterol or healthy lifestyle programs. Your individual test results will not be shared.

We'll only share the data with the companies and people who run the rewards program so that they'll know you have completed the activities.

We'll only share your information relating to the wellness program. To learn more about the details of the wellness activities and the information we will share, talk to the people who run your wellness program. ▲

Depending on who offers your health plan, this could be your employer, plan administrator, or union.

Next

Wellness Program Agreement Page 2



Want to start earning rewards?
We need your permission first!

Wellness activities
lead to rewards



Ready to give us your permission? No pressure.

If you're ready to start earning rewards, click **Yes**. You won't be denied treatment, payment of claims, enrollment, or eligibility for benefits based on whether or not you agree to share your information.



Yes

I want rewards! I agree to share my information. Let the wellness program challenge begin!



No

I don't agree to share my information. I understand that, as a result, I will not be able to earn rewards for the wellness program activities.

Are you signing this for yourself or someone else?



Myself

I am 18 or over and can sign this agreement for myself.



Someone Else

I have the legal authority to sign this agreement for the person doing the wellness program.

Electronic Signature (required)

First Name

Albert

Last Name

Einstein

Date

2/18/2021

You can cancel your Wellness Program Agreement anytime. ▲

Just call Rewards Customer Service at 1-866-300-9867 and ask to change your Wellness Program Agreement. We will stop sharing your information right away. Your cancellation will not affect information that was shared before we got your request. Once this information is shared, it may not be protected under federal privacy law (HIPAA).



Submit

[Go back](#)
or
[Cancel and log out](#)

Rewards Program Main Page

[My Rewards](#)
[About KP](#)
[kp.org](#)
[Health Resources](#)

Albert ▾ 0

[All Rewards](#)
[FAQ](#)
[History](#)






Welcome to your wellness reward program


The Government of the District of Columbia and Kaiser Permanente would like to welcome you to your wellness rewards program running from 1/1/2021 through 12/31/2021. Now, when you complete all of the wellness activities in the program listed below, you can earn up to \$200 in reward cards delivered by Kaiser Permanente on behalf of the Government of the District of Columbia.

Throughout this program, you can stop by this site to check your progress.

- If you see a **green check mark** and the word "Done" next to an activity, it means that you've completed that activity and you can move on to any other activity that doesn't have a green check mark and the word "Done" next to it.
- When you see green check marks and the word "Done" next to all your activities, fireworks, and a completion message at the top of the page, it means you've finished the program.





Don't wait! Be sure to complete all of your activities by 12/31/2021 and earn your reward.

\$50		A \$50 reward card for completing your Total Health Assessment Earn reward by 12/31/2021	1 activity needed to earn reward EARN NOW
\$50		A \$50 reward card for being up-to-date on your biometric screenings Earn reward by 12/31/2021	Start earning EARN NOW
\$50		A \$50 reward card for completing 1 of the lifestyle wellness activities Earn reward by 12/31/2021	Start earning EARN NOW
 DONE \$50		A \$50 reward card for being up-to-date on your cancer screenings <div> Congratulations! You earned this reward on 2/12/2021 Confirmation: BD6812A7-10000081 </div>	ACTIVITY LOG


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Reward Program Main Page – All activities completed with Hooray message

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Hooray!
You have earned all of your Rewards!



Welcome to your wellness reward program

The Government of the District of Columbia and Kaiser Permanente would like to welcome you to your wellness rewards program running from 1/1/2021 through 12/31/2021. Now, when you complete all of the wellness activities in the program listed below, you can earn up to \$200 in reward cards delivered by Kaiser Permanente on behalf of the Government of the District of Columbia.

Throughout this program, you can stop by this site to check your progress.

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- When you see green check marks and the word "Done" next to all your activities, fireworks, and a completion message at the top of the page, it means you've finished the program.



Don't wait! Be sure to complete all of your activities by 12/31/2021 and earn your reward.

DONE \$50		A \$50 reward card for being up-to-date on your cancer screenings Congratulations! You earned this reward on 2/12/2021 Confirmation: DF28992C-10000085		ACTIVITY LOG
DONE \$50		A \$50 reward card for completing 1 of the lifestyle wellness activities Congratulations! You earned this reward on 2/12/2021 Confirmation: 55E248D4-10000084		ACTIVITY LOG
DONE \$50		A \$50 reward card for completing your Total Health Assessment Congratulations! You earned this reward on 2/12/2021 Confirmation: 52BE754E-10000083		ACTIVITY LOG
DONE \$50		A \$50 reward card for being up-to-date on your biometric screenings Congratulations! You earned this reward on 2/12/2021 Confirmation: 0DC6880F-10000082		ACTIVITY LOG

Total Health Assessment - Expanded


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\$50



A \$50 reward card for completing your Total Health Assessment
Earn reward by 12/31/2021

1 activity
needed to earn reward

Finish these activities before you can redeem your reward

Total Health Assessment [less](#)

Do this by 12/31/2021

[Do It](#)

Completing the Total Health Assessment can help you maintain your total health and feel your best. This 10-minute assessment is an online survey designed to help you understand how your lifestyle may be affecting your health. Once you finish the assessment, you'll get a summary of where your health stands and suggestions on what you can do better. You'll also get to choose specific health goals to keep you on track.



When you've completed the Total Health Assessment, you won't have to report anything. Your completion of the assessment will automatically post to this website within a week and you'll see a green check mark and the word "Done" next to the activity. Return to this website to check your activity completion. You must complete this activity by the end date listed to receive credit.

You can take the Total Health Assessment as often as you'd like, but you can only earn a reward for it, if available, once during the reward period. [Click here to view your Total Health Assessment summary.](#)


Total Health Assessment – Activity completed

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[All Rewards](#) [FAQ](#) [History](#)

 **DONE**


\$50



A \$50 reward card for completing your Total Health Assessment

Congratulations! You earned this reward on 2/12/2021
Confirmation: 52BE754E-10000083

Finish these activities before you can redeem your reward

Total Health Assessment [less](#)

 **DONE**

Your completion was verified on 2/11/2021

Completing the Total Health Assessment can help you maintain your total health and feel your best. This 10-minute assessment is an online survey designed to help you understand how your lifestyle may be affecting your health. Once you finish the assessment, you'll get a summary of where your health stands and suggestions on what you can do better. You'll also get to choose specific health goals to keep you on track.



When you've completed the Total Health Assessment, you won't have to report anything. Your completion of the assessment will automatically post to this website within a week and you'll see a green check mark and the word "Done" next to the activity. Return to this website to check your activity completion. You must complete this activity by the end date listed to receive credit.

You can take the Total Health Assessment as often as you'd like, but you can only earn a reward for it, if available, once during the reward period.
[Click here to view your Total Health Assessment summary.](#)


Biometric Screenings - Expanded

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All Rewards
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\$50


A \$50 reward card for being up-to-date on your biometric screenings
Earn reward by 12/31/2021

Start earning

Biometric screenings

Being current on your biometric screenings is an important part of maintaining your total health. You must complete all screenings listed below within the timeframe indicated for each activity to be considered complete. Once you've completed each screening, you won't have to report anything. Your completion will automatically post to this website and you'll see a green check mark and the word "Done" next to the activity. Please note: For any screenings done during the program, it may take up to four weeks for those screenings to appear as completed with the green check mark so please check back in to review your completion status.

Some activities may require you to contact your Kaiser Permanente doctor. To find out how to get the screenings you need, call the customer service number on the back of your Kaiser Permanente ID card.

Blood glucose (fasting blood sugar or A1c)
[less](#)

Fasting blood sugar measures blood glucose after you haven't eaten for 8 hours. It checks for pre-diabetes and diabetes.

A1c is a blood test that checks the amount of sugar (glucose) bound to the hemoglobin in red blood cells. It doesn't require fasting. It can also be used to diagnose pre-diabetes or diabetes.

Starting at age 18, you should have your blood sugar measured every 5 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed either a fasting blood sugar or A1c screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Fasting blood sugar and A1c information](#)

Blood pressure
[less](#)

High blood pressure can cause heart disease but often has no symptoms. The only way to know if you have it is to get screened. If you're over 18, you should have your blood pressure measured every 2 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a blood pressure screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Blood pressure information](#)

Body mass index
[less](#)

You should have your body mass index (BMI) measured every 2 years, starting at age 18. BMI, which estimates body fat based on your height and weight, is a quick way to know whether you're at a healthy weight, underweight, overweight, or obese. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a BMI screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [BMI information](#)

Total cholesterol
[less](#)

If you're over 18, you should have your total cholesterol measured every 5 years. Getting your cholesterol checked is key to having a healthy heart. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a total cholesterol screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Total cholesterol information](#)

Biometric Screenings – All activities completed

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DONE

\$50

A \$50 reward card for being up-to-date on your biometric screenings

Congratulations! You earned this reward on 2/12/2021
Confirmation: 0DC6880F-10000082

Biometric screenings

Congratulations! You have completed your Biometric screenings requirements.
Being current on your biometric screenings is an important part of maintaining your total health. You must complete all screenings listed below within the timeframe indicated for each activity to be considered complete. Once you've completed each screening, you won't have to report anything. Your completion will automatically post to this website and you'll see a green check mark and the word "Done" next to the activity. Please note: For any screenings done during the program, it may take up to four weeks for those screenings to appear as completed with the green check mark so please check back in to review your completion status.

Some activities may require you to contact your Kaiser Permanente doctor. To find out how to get the screenings you need, call the customer service number on the back of your Kaiser Permanente ID card.

Blood glucose (fasting blood sugar or A1c)
[less](#)
DONE

Congratulations! You have completed your Blood glucose (fasting blood sugar or A1c) requirements.

Fasting blood sugar measures blood glucose after you haven't eaten for 8 hours. It checks for pre-diabetes and diabetes.

A1c is a blood test that checks the amount of sugar (glucose) bound to the hemoglobin in red blood cells. It doesn't require fasting. It can also be used to diagnose pre-diabetes or diabetes.

Starting at age 18, you should have your blood sugar measured every 5 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed either a fasting blood sugar or A1c screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Fasting blood sugar and A1c information](#)

You are up to date! Your A1c screening has been completed.
Your completion was verified on 2/11/2021

DONE

Blood pressure
[less](#)
DONE

Congratulations! You have completed your Blood pressure requirements.

High blood pressure can cause heart disease but often has no symptoms. The only way to know if you have it is to get screened. If you're over 18, you should have your blood pressure measured every 2 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a blood pressure screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Blood pressure information](#)

You are up to date! Your blood pressure screening has been completed.
Your completion was verified on 2/11/2021

DONE

Body mass index
[less](#)
DONE

Congratulations! You have completed your Body mass index requirements.

You should have your body mass index (BMI) measured every 2 years, starting at age 18. BMI, which estimates body fat based on your height and weight, is a quick way to know whether you're at a healthy weight, underweight, overweight, or obese. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a BMI screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [BMI information](#)

You are up to date! Your BMI screening has been completed.
Your completion was verified on 2/11/2021

DONE

Total cholesterol
[less](#)
DONE

Congratulations! You have completed your Total cholesterol requirements.

If you're over 18, you should have your total cholesterol measured every 5 years. Getting your cholesterol checked is key to having a healthy heart. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a total cholesterol screening within the previous 5 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity. [Total cholesterol information](#)

You are up to date! Your total cholesterol screening has been completed.
Your completion was verified on 2/11/2021

DONE

Cancer Screenings – All activities completed

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All Rewards
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DONE

\$50

A \$50 reward card for being up-to-date on your cancer screenings

Congratulations! You earned this reward on 2/12/2021
Confirmation: DF28992C-10000085

Cancer Screenings

Congratulations! You have completed your Cancer Screenings requirements.

Being current on your cancer screenings is an important part of maintaining your total health. You must complete all screenings listed below within the timeframe indicated for each activity to be considered complete. Once you've completed each screening, you won't have to report anything. Your completion will automatically post to this website and you'll see a green check mark and the word "Done" next to the activity. Please note: For any screenings done during the program, it may take up to four weeks for those screenings to appear as completed with the green check mark so please check back in to review your completion status.

Some activities may require you to contact your Kaiser Permanente doctor. To find out how to get the screenings you need, call the customer service number on the back of your Kaiser Permanente ID card.

Breast cancer screening
[less](#)

DONE

Congratulations! You have completed your Breast cancer screening requirements.

Mammograms help detect breast cancer early. If you're a woman over 50, this screening is recommended every 2 years. Early detection makes breast cancer easier to treat. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a breast cancer screening within the previous 2 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity.

If you see at least one green check mark and the word "Done", your activity is completed and there is no further action needed to receive credit.

Complete your breast cancer screening.
Your completion was verified on 2/11/2021

DONE

Cervical cancer screening
[less](#)

DONE

Congratulations! You have completed your Cervical cancer screening requirements.

A Pap test is an important part of taking care of your health because it helps screen for cervical cancer. If you're a woman over 21, you should have one every 3 years. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a cervical cancer screening within the previous 3 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity.

If you see at least one green check mark and the word "Done", your activity is completed and there is no further action needed to receive credit.

Complete your cervical cancer screening.
Your completion was verified on 2/11/2021

DONE

Colon cancer screening
[less](#)

DONE

Congratulations! You have completed your Colon cancer screening requirements.

Colon cancer screenings help find colon and rectal cancers early, when they're easier to treat. You should start getting these screenings at age 50. If you aren't current with this screening, call the customer service number on the back of your Kaiser Permanente ID card to find out how to complete this screening. You must have completed a colon cancer screening within the previous 10 years of your program start date or by the end date listed in the program description to be considered current and receive credit for this activity.

If you see at least one green check mark and the word "Done", your activity is completed and there is no further action needed to receive credit.

Complete your colon cancer screening.
Your completion was verified on 2/11/2021

DONE


Lifestyle Wellness: Health Lifestyle Program/Wellness Coaching by Phone – Expanded

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All Rewards
FAQ
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\$50


A \$50 reward card for completing 1 of the lifestyle wellness activities
Earn reward by 12/31/2021

Start earning

Lifestyle Wellness

You have two healthy options for completing this activity. The choice is yours! Either:

- Complete one of the healthy lifestyle programs listed below by joining one of its missions.

OR

- Call a wellness coach and complete one coaching phone session.

When you're done, you won't have to report anything. Your completion of the activity will automatically post to this website within 1-2 weeks and you'll see a green check mark and the word "Done" next to the activity. You must complete one of the above activities by the program end date listed to receive credit.

Healthy Lifestyle Programs [less](#)

Our healthy lifestyle programs are engaging, digital programs that can help you improve habits and create healthy, positive changes. They'll provide advice, encouragement, and tips, and let you set missions — simple activities to help you form healthy habits. Join any one mission before the program end date.

[Click here to view your activity dashboard and continue engaging in missions.](#)

Alcohol
Do this by 12/31/2021
Change alcohol behaviors and discover ways to moderate.

Do It

Diabetes
Do this by 12/31/2021
Manage diabetes with a healthier, more active life.

Do It

Exercise
Do this by 12/31/2021
Learn easy ways to work activity into your routine.

Do It

Mood
Do this by 12/31/2021
Gain greater control over how you feel — and work toward feeling better.

Do It

Nutrition
Do this by 12/31/2021
Learn how to make healthier food choices.

Do It

Sleep

Do this by 12/31/2021

Learn how to fight insomnia and get more of the sleep you need.

Do It**Stress**

Do this by 12/31/2021

Feeling overwhelmed? It's time to stress less and feel more peace of mind.

Do It**Tobacco**

Do this by 12/31/2021

Get tips and advice to help you give up the habit.

Do It**Weight**

Do this by 12/31/2021

Get motivated, gain confidence, and overcome the challenges of healthy weight management.

Do It**Wellness Coaching by Phone** [less](#)

Get personal guidance over the phone as you work toward your wellness goals. Choose the topics you want to focus on and complete one coaching phone session before the program end date.

Eat Healthy

Do this by 12/31/2021

Partner with a coach today to focus on healthy eating habits and good nutrition. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Get Active

Do this by 12/31/2021

Partner with a coach today to focus on healthy habits and living an active lifestyle. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Manage Weight

Do this by 12/31/2021

Partner with a coach today to focus on good eating habits and maintaining a healthy weight. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Quit Tobacco

Do this by 12/31/2021

Partner with a coach today to focus on quitting tobacco. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Reduce Stress

Do this by 12/31/2021

Partner with a coach today to focus on healthy habits that can help reduce stress. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Lifestyle Wellness: Health Lifestyle Program/Wellness Coaching by Phone – All activities Completed

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All Rewards
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History

DONE
\$50

A \$50 reward card for completing 1 of the lifestyle wellness activities
 Congratulations! You earned this reward on 2/12/2021
 Confirmation: 55E248D4-10000084

Lifestyle Wellness

Congratulations! You have completed your Lifestyle Wellness requirements. You have two healthy options for completing this activity. The choice is yours! Either:

- Complete one of the healthy lifestyle programs listed below by joining one of its missions.

OR

- Call a wellness coach and complete one coaching phone session.

When you're done, you won't have to report anything. Your completion of the activity will automatically post to this website within 1-2 weeks and you'll see a green check mark and the word "Done" next to the activity. You must complete one of the above activities by the program end date listed to receive credit.

Wellness Coaching by Phone [less](#)

Get personal guidance over the phone as you work toward your wellness goals. Choose the topics you want to focus on and complete one coaching phone session before the program end date.

Eat Healthy

Do this by 12/31/2021

Partner with a coach today to focus on healthy eating habits and good nutrition. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Get Active

Do this by 12/31/2021

Partner with a coach today to focus on healthy habits and living an active lifestyle. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Manage Weight

Do this by 12/31/2021

Partner with a coach today to focus on good eating habits and maintaining a healthy weight. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Quit Tobacco

Do this by 12/31/2021

Partner with a coach today to focus on quitting tobacco. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Reduce Stress

Do this by 12/31/2021

Partner with a coach today to focus on healthy habits that can help reduce stress. Together, you'll create a customized action plan with steps you can take to reach your goals. Wellness coaching can help you make little changes over time to achieve long-term success. To make an appointment, call 1-866-862-4295, Monday through Friday, 7 a.m. to 7 p.m. Pacific time.

Healthy Lifestyle Programs [less](#)**DONE****Congratulations! You have completed your Healthy Lifestyle Programs requirements.**

Our healthy lifestyle programs are engaging, digital programs that can help you improve habits and create healthy, positive changes. They'll provide advice, encouragement, and tips, and let you set missions — simple activities to help you form healthy habits. Join any one mission before the program end date.

[Click here to view your activity dashboard and continue engaging in missions.](#)

Alcohol

Do this by 12/31/2021

Change alcohol behaviors and discover ways to moderate.

Do It**Diabetes**

Do this by 12/31/2021

Manage diabetes with a healthier, more active life.

Do It**Mood**

Do this by 12/31/2021

Gain greater control over how you feel — and work toward feeling better.

Do It**Nutrition**

Do this by 12/31/2021

Learn how to make healthier food choices.

Do It**Sleep**

Do this by 12/31/2021

Learn how to fight insomnia and get more of the sleep you need.

Do It**Stress**

Do this by 12/31/2021

Feeling overwhelmed? It's time to stress less and feel more peace of mind.

Do It**Tobacco**

Do this by 12/31/2021

Get tips and advice to help you give up the habit.

Do It**Weight**

Do this by 12/31/2021

Get motivated, gain confidence, and overcome the challenges of healthy weight management.

Do It**Exercise**

Your completion was verified on 2/11/2021

Learn easy ways to work activity into your routine.

**DONE**

History

[All Rewards](#)
[FAQ](#)
[History](#)

Current Rewards Programs

Welcome to your wellness reward program

01/01/2021 - 12/31/2021

Rewards Earned

02/12/2021	A \$50 reward card for being up-to-date on your cancer screenings	Confirmation: DF28992C-10000085
02/12/2021	A \$50 reward card for completing 1 of the lifestyle wellness activities	Confirmation: 55E248D4-10000084
02/12/2021	A \$50 reward card for completing your Total Health Assessment	Confirmation: 52BE754E-10000083
02/12/2021	A \$50 reward card for being up-to-date on your biometric screenings	Confirmation: 0DC6880F-10000082

Activities Completed

02/11/2021	You are up to date! Your BMI screening has been completed.
02/11/2021	You are up to date! Your blood pressure screening has been completed.
02/11/2021	You are up to date! Your total cholesterol screening has been completed.
02/11/2021	You are up to date! Your A1c screening has been completed.
02/11/2021	Total Health Assessment
02/11/2021	Exercise
02/11/2021	Complete your cervical cancer screening.
02/11/2021	Complete your colon cancer screening.
02/11/2021	Complete your breast cancer screening.

FAQ

What do I need to do to earn rewards?

You'll need to complete specific wellness activities defined by the Government of the District of Columbia's program. To view a list of these activities, go to the "My Rewards" page.

Who's eligible for the rewards program?

The Government of the District of Columbia subscribers 18 and older who are enrolled in the Kaiser Permanente health plan through the Government of the District of Columbia can participate in the program through this website. Spouses and adult dependent children are not eligible to earn rewards.

What are the dates of the rewards program?

The rewards program runs from 1/1/2021 through 12/31/2021. This means you need to be current on or complete all of the required activities during these dates in order to earn rewards.

What happens if I register but do not complete the required activities?

Completing any portion of the program may be beneficial to your health and well-being. However, if you do not complete all of the required activities, you will not earn up to \$200 in reward cards.

How do I report I finished a wellness activity?

When you finish any activities (for example, the Total Health Assessment and health screenings) you don't have to report that you completed them. They will automatically post to the wellness website and you'll see a green check mark and the word "Done" next to that activity. Note: It may take up to 4 weeks for certain activities to appear as complete. Only screenings received at Kaiser Permanente facilities will post to the website.

How do I know I have completed all the activities required?

Once you've completed all your activities, the Rewards Lobby will show fireworks and state, "Hooray! You have earned all your Rewards!"

What do I do if my mailing address is wrong?

If your mailing address is wrong, contact Kaiser Permanente Rewards Customer Service at 1-866-300-9867 or email them at RewardsCustomerService@kp.org.

What do I do if my email address is wrong?

If your email address is wrong, go to kp.org to update it:

- Log in with your kp.org user ID and password.
- Click on your name on the top right and select "Profile and Preferences."
- Click "View all of your personal information" under "Personal information."
- Click "Email address" and then "Change your email address."
- Enter your updated email address and click "Save."

Please note: It can take up to 1 month to update the address in our system.

I completed my activities near the end of my program. Can I still log back on to the site to see my rewards even after my program end date?

Yes. The site will continue to be updated with your data for 30 days after the program ends. If your program has ended and you would like to confirm that your activity was marked as complete, go to the "History" tab. Here you can see your completed activities for up to 60 days after the completion of your program.

What is the Wellness Program Agreement and what happens if I don't agree?

When you register on this website, we'll ask you to accept the Wellness Program Agreement in order to be eligible for rewards. The agreement gives us permission to use and disclose information with the people who run the wellness program relating to your completion of the wellness program activities in order to earn and receive a reward. If you do not accept this agreement, you won't be able to earn rewards.

Can I change my mind about my decision to accept or reject the Wellness Program Agreement?

Yes, you can go back to the Wellness Program Agreement at any time during the program period and can change your authorization status. Click your name at the top right corner with the drop-down arrow and choose Wellness Program Agreement. When it brings you to the Wellness Program Agreement, you will see your current status. Click on the "change status" button. If you previously accepted, you can click "No" and submit, which means you won't be able to participate in your wellness program and earn rewards. If you click "Yes" and submit you will be able to participate in your wellness program and earn rewards.

Will Kaiser Permanente or my employer know that I have taken the Total Health Assessment or completed my health screenings?

Kaiser Permanente will track whether you complete the wellness activities. If you accepted the Wellness Program Agreement, we will tell the Government of the District of Columbia when you have completed wellness activities. This allows you to receive the wellness program rewards. (Please note: If you didn't accept the Wellness Program Agreement, you will not receive rewards.) Your individual responses on the Total Health Assessment and your individual results from your health screenings will not be shared with the Government of the District of Columbia.

Will my employer receive any of my specific health information?

No. Individual results or values (for example, your biometric screening results) from your wellness activities will not be shared with the Government of the District of Columbia. Health information will be shared with your employer on an aggregate and de-identified basis only.

What is the Total Health Assessment?

The Total Health Assessment can help you maintain your total health and feel your best. This assessment is an online survey designed to help you understand how your lifestyle may be affecting your health. Once you finish the assessment, you'll get a summary of where your health stands and suggestions on what you can do better. You'll also get to choose specific health goals to keep you on track. You can take it as often as you'd like, but you can only earn any available rewards for it once during the reward period.

What if I completed the Total Health Assessment before I was offered a reward for doing so?

You can't earn the Total Health Assessment reward retroactively, but you can take it again, as often as you'd like. So, if you completed the assessment before the program start date, just take it again before the program end date to qualify.

What are the healthy lifestyle programs?

The healthy lifestyle programs are engaging, digital programs that can help you improve habits and create healthy, positive changes. You'll be able to access the online wellness programs to get advice, encouragement, and tips to support your progress. The programs include missions, which are simple activities that will help you form healthy habits in these areas:

- Weight
- Tobacco
- Nutrition
- Stress
- Diabetes
- Mood
- Sleep
- Exercise

- Alcohol

How many healthy lifestyle programs can I take?

You can do all of the healthy lifestyle programs, but you can only get rewards for joining one of them during the reward period.

What is my activity dashboard?

The activity dashboard can be used to see your progress in the healthy lifestyle programs, which are available once you complete the Total Health Assessment. You can also access your [dashboard here](#) to continue the missions that you've joined.

What are coins?

Coins — which are like points — can be used to track your own engagement and progress. You can earn coins for different activities like joining missions, completing the Total Health Assessment, or logging in. Each action will give you a certain number of coins when you reach different milestones. The more coins you get, the more you can monitor your engagement with your missions.

What is Wellness Coaching by Phone?

Wellness Coaching by Phone is a no-cost Kaiser Permanente service provided through convenient phone sessions. A wellness coach is a health education professional who gives you personal guidance to help you achieve specific wellness goals and support positive change. Our wellness coaches are trained to provide coaching services based on clinical guidelines and adult learning theory. You can check in with your coach periodically to get the help you need to stay on track. Wellness coaching is available for quitting tobacco, stress management, physical activity, weight management, and healthy eating.

Is the information from my wellness coaching sessions confidential?

Information about the wellness coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team. We protect the privacy and security of your personal health information through procedural, physical, and electronic security methods designed to prevent unauthorized access to your information.

What health screening activities can I complete to earn credit?

Here's a list of the health screenings you must complete, or already be current on, to earn credit for this activity toward your reward. Credit for these activities can only be earned when they are completed at a Kaiser Permanente facility. Go to the "My Rewards" page to read more about each activity and its deadline. Note: It may take up to 4 weeks for a screening to appear as completed on the website.

- Biometric screenings:
 - Blood pressure

- Body mass index (BMI)
 - Blood glucose
 - Total cholesterol
- Cancer screenings appropriate for your age and gender (breast, cervical, colon)

What do I do if I need to update some or all of my health screenings?

To find out how to get the screenings you need at a Kaiser Permanente facility, please call your doctor's office or the customer service number on the back of your Kaiser Permanente ID card.

Can I get rewarded for health screenings outside of Kaiser Permanente?

No, you must get your health screenings completed at a Kaiser Permanente facility, or a Kaiser Permanente sponsored on-site screening event for the health screenings to qualify for this wellness program.

My doctor does not recommend a screening because of my current health condition, or the screening does not apply to me. Can I still participate? Will I still be eligible for the incentive?

Yes. If a current health condition prevents you from taking any or all screenings, or if a screening is no longer required for your age and gender, please call Rewards Customer Service at 1-866-300-9867 or email them at RewardsCustomerService@kp.org to request a waiver for that activity. Rewards Customer Service will email or mail you a form and guidelines to complete it. Once we receive your completed form, it may take up to 30 days for your completion status for that activity to show on the website.

Who can I call for questions related to the wellness program?

You can contact Kaiser Permanente Rewards Customer Service at 1-866-300-9867 or email them at RewardsCustomerService@kp.org and provide the following information:

- Your name
- A brief statement of your question or issue
- Customer Name
- Daytime phone number

Please allow two business days for a response. They can provide guidance on which activities you need to complete and answer reward related questions.

How will I know I earned a reward card?

Once you've completed all required activities you will see a green check mark and the word "Done" next to each. The Rewards Lobby will show fireworks and state, "Hooray! You have earned all your Rewards!"

Where will my reward card be sent?

Your reward card will be sent to the address you had on file with your employer at the time you earned the reward. You can verify your address by clicking "Profile," located at the top right corner of this page next to your name.

Who issues the reward cards?

The rewards administrator sends reward cards by standard first-class mail. From the date you've completed all the activities in the program, it may take up to four weeks to get your reward card.

After waiting more than four weeks for my reward card, what should I do?

If you have not received your reward card four weeks after you completed a rewardable activity in your wellness program, please call 1-888-489-6449 to inquire about the card's shipping status. If the card has been shipped, and you have not received it, you may ask that the original card be cancelled, and a new card shipped to you.

Do reward cards expire? If so, when?

Your reward card expires 12 months from date issued. You will not have access to the funds after the card expires, so pay close attention to the expiration date printed on the front of the card. Please call the phone number on the back of your reward card for specific information regarding terms and conditions.

Are rewards taxable?

Participants who earn rewards are responsible for any applicable taxes that may be due on the amounts received. Reward program enrollees should ask their personal tax adviser for specific tax information.

Disclaimer

The rewards program runs from 1/1/2021 through 12/31/2021 and is open to all the Government of the District of Columbia subscribers 18 and older who are Kaiser Permanente members. The program is available to all eligible individuals regardless of their health status. If you think you can't meet a requirement for a reward because of your health, please contact Rewards Customer Service to request a waiver. You can take the Total Health Assessment or the healthy lifestyle programs as often as you would like, but you can only earn rewards for them, if available, once during the reward period. 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.

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