

The Government of the District of Columbia Wellness Initiatives

GIVE YOUR HEALTH A BOOST WITH REWARDS



KAISER PERMANENTE®  thrive

Getting started

When you take advantage of the Government of the District of Columbia (DC Government) Wellness Initiative, you can earn rewards. You can also learn about vital health numbers like your blood pressure, blood glucose level, and body mass index.

Beginning May 1, 2018, you can earn a \$30 reward card when you:

- Complete a brief online Total Health Assessment.
- Complete your biometric screenings.

You can come in during any onsite biometric screening event sponsored by Kaiser Permanente, or schedule a visit at a medical center when it's convenient for you.

You must complete your biometric health screening and your Total Health Assessment by October 31, 2018, to earn your reward.

QUESTIONS ABOUT THE WELLNESS INITIATIVE, OR YOUR BENEFITS?

Contact the DCHR Benefits & Retirement Administration

Email: dchr.benefits@dc.gov

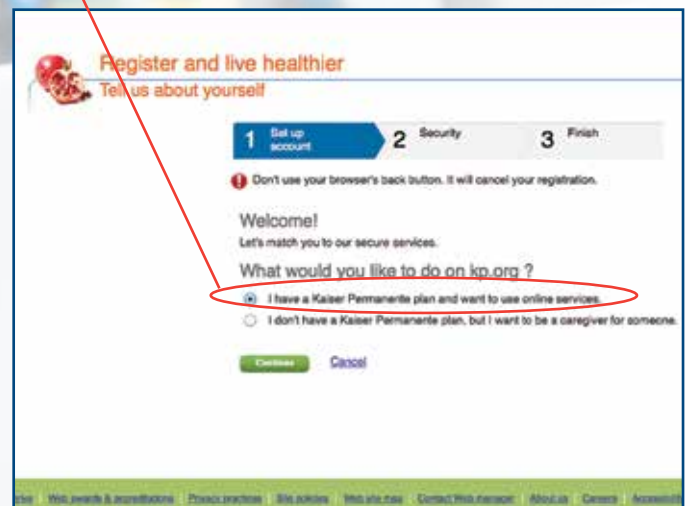
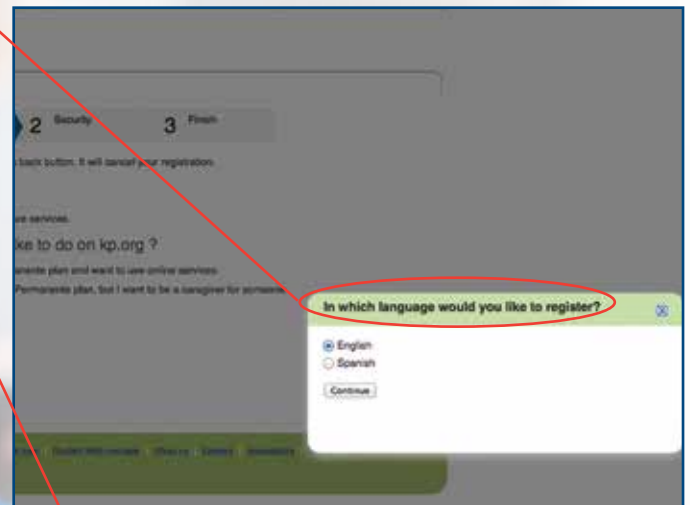
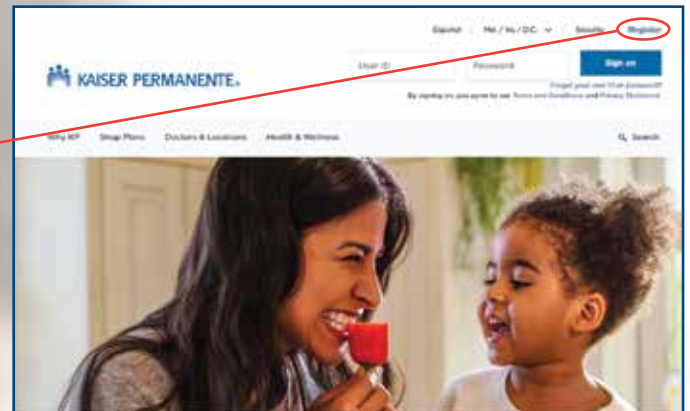
Phone: 202-442-7627

Register on **kp.org**

(If you have already enrolled on **kp.org**, skip to Step 1.)

Follow these steps to get started:

- Enter **kp.org** in your web browser at the top of your computer screen. Click [Register](#).
- Select the language you prefer.
- Select *I have a Kaiser Permanente Plan and want to use online services*.
- Provide your personal information as required.



STEP 1.

Sign your Wellness Program Agreement

To qualify for your reward, begin by registering and signing your **HIPAA Wellness Agreement** giving us permission to notify the DC Government.

Beginning May 1, 2018, you must accept the Wellness Program Agreement to participate. Here's how:

- Visit the Wellness Program website at **kp.org/engage**.
- Sign on with your **kp.org** User ID and Password.
- Click the **Register Now** button to get a User ID and Password, if you have not already registered on **kp.org**.
- Check **Yes** to accept the Wellness Program Agreement so you can receive credit for your activities, then click **Submit**. If you check **No**, you will not earn credit for your Kaiser Permanente Wellness Program activities.*
- Update or provide your contact information.

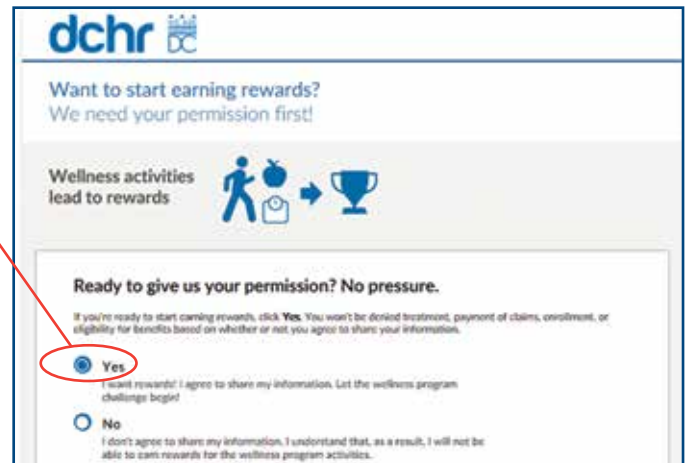
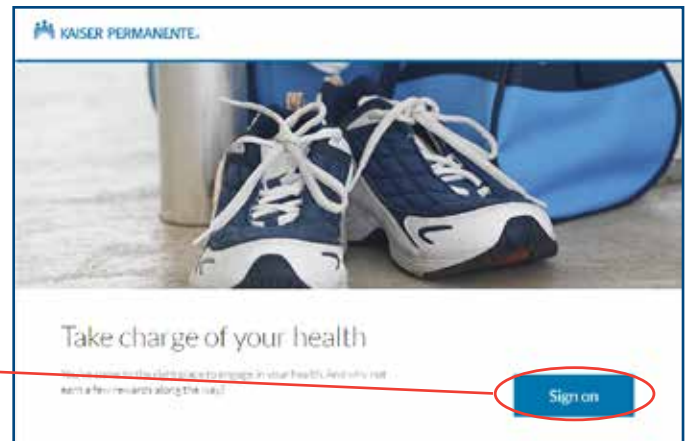
Questions about this online portal?

Please call us at **866-300-9867**,

Monday through Friday, 11 a.m. to 8 p.m.

Or email **rewardscustomerservice@kp.org**.

* If you do not accept the agreement, you will not receive credits for your participation or be eligible for rewards.

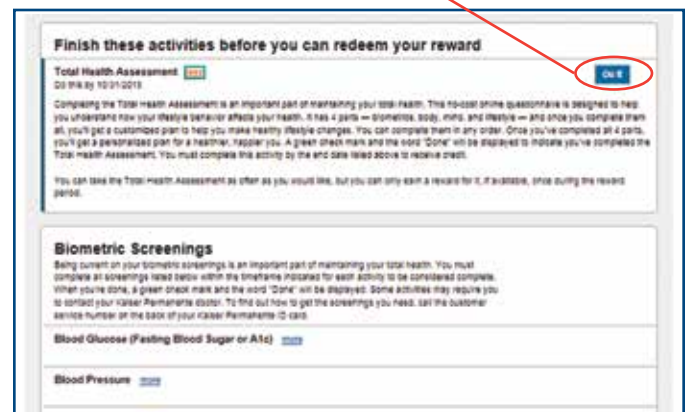
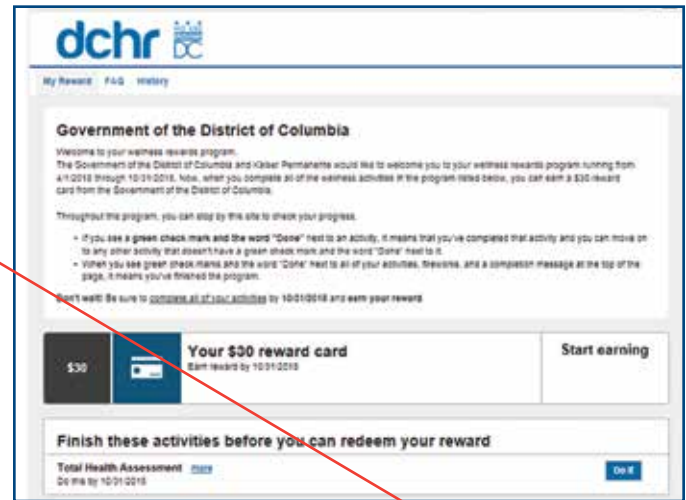


STEP 2.

Complete your Total Health Assessment

To complete your Total Health Assessment, simply return to the kp.org/engage home page.

- Click on the blue box labeled *Do It* to begin your Total Health Assessment. Log in with your **kp.org** User ID and Password if necessary.
- Review and agree to the Terms and Conditions; click *Continue*.
- Confirm your email address; click *Submit*.
- Select your preferred language; click *Continue*.
- Click the *Start Your Questionnaire* button to begin your assessment.
- Click *Submit* when you have completed the questionnaire.
- Print your summary, which will include a personalized plan for improving your health.



TIPS:

Your MRN is your personal Medical Record Number found on your Kaiser Permanente ID card.

The assessment can be completed across multiple sessions. If you need to log off after you begin, your information will be saved for you to start again at a later time.

Your personal information will never be used for promotional purposes. Any information required is needed for secure communication with your doctor through **kp.org**.

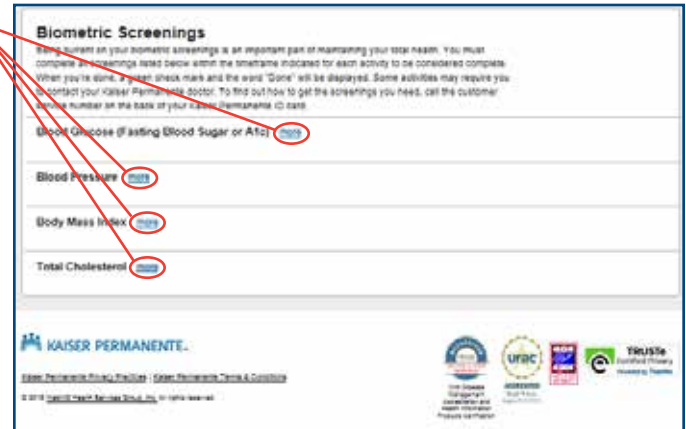
The assessment will send some recommendations for change, as part of a personalized program.

STEP 3. Complete your screenings

On the **kp.org/engage** home page, click on the [more](#) link to get more information on each biometric screening and to see what screenings need to be completed.

Visit any of the Kaiser Permanente medical centers, or attend one of our onsite screenings at DC Government locations for this program to complete these 4 biometric screenings, if you are not current:

- Body mass index (BMI)
- Blood pressure
- Cholesterol
- Blood glucose



STEP 4. Completing the rewards program

Once all activities have been completed, employees can track the status of their completed activities at **kp.org/engage**.

- A *Hooray!* congratulations message will be shown once the biometric screenings and Total Health Assessment are completed.
- A list of all finished activities and rewards will be marked completed with a green check.
- Once you have completed a screening, it can take approximately 3 weeks for it to show on the website.
- You will receive your \$30 reward card by mail within 6-8 weeks of completing all required activities.

Questions about this online portal?

Please call us at **866-300-9867**,

Monday through Friday, 11 a.m. to 8 p.m.

Or email rewardscustomerservice@kp.org.



2018 DC Government Wellness Incentive program: No-cost onsite biometric screening schedule*

Wednesday, April 4

441 4th St. NW
Washington, DC 20001
10 a.m. – 3 p.m.

Tuesday, April 10

2720 Martin Luther King Jr. Ave. SE
Washington, DC 20032
2 – 6 p.m.

Wednesday, April 11

1100 4th St. SW
Washington, DC 20024
10 a.m. – 3 p.m.

Thursday, April 12

200 I St. SE
Washington, DC 20003
10 a.m. – 3 p.m.

Wednesday, April 18

899 North Capitol St. NE
Washington, DC 20002
10 a.m. – 3 p.m.

Thursday, April 19

2000 14th St. NW
Washington, DC 20009
10 a.m. – 3 p.m.

Tuesday, April 24

4058 Minnesota Ave. NE
Washington, DC 20019
10 a.m. – 3 p.m.

Wednesday, April 25

1200 First St. NE
Washington, DC 20002
2 – 6 p.m.

You can manage your care online

Put the power to manage your care in the palm of your hand with **kp.org**. Register now and you'll enjoy convenient, secure access to time-saving tools, from just about any device—anywhere, anytime.[†] At **kp.org**, you'll be able to:

- View most lab test results
- Refill most prescriptions
- Email your doctor's office with nonurgent questions
- Schedule (or cancel) routine appointments
- Print vaccination records for school, sports, and camp
- Manage a family member's health^{††}

To see how it all works for you, visit **kp.org/experience**.

*Details are subject to change.

[†]These features are available when you get care at Kaiser Permanente facilities.

^{††}Due to privacy laws, certain features may not be available if they're being accessed on behalf of a child younger than 18. Your child's physician may also be prevented from giving you certain information without your child's consent.

