

Attention Kaiser Permanente Plan Participants: Don't miss your chance to earn or keep Healthy Rewards



Complete these activities by December 31, 2016, for an annual \$240 credit toward your health plan premium.

Join today

- Visit healthworks.kp.org/Healthyrewards and sign on or register.*
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Register with your new or updated contact information.
- Visit the website often to view and track the status of your activities.

Complete these Activities

- *Biometric screenings:
 - *Blood glucose
 - *Blood pressure
 - *Body mass index (BMI)
 - *Total cholesterol
 - *Cancer screenings appropriate for your age and gender (breast, cervical, colon)
- Total Health Assessment (on-line)
- 1 healthy lifestyle program (on-line)

Earn a \$20 monthly credit

- Complete all your activities by December 31, 2016.
- Earn a \$20 monthly credit toward your health plan premium from Fulton County.
- Feel the benefits of taking good care of your health.

* Complete these activities at a KP Facility

Start today! Sign up at healthworks.kp.org/healthyrewards.

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

The rewards program runs from April 1, 2016, through December 31, 2016, and is open to all benefits-eligible Fulton County employees 18 and older

who are Kaiser Permanente members. You can take the Total Health Assessment or the healthy lifestyle programs as often as you would like, but you can

only earn a credit for the assessment or first program once during the reward period.

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