



Don't lose out on your easy-to-earn/keep wellness credit!

Welcome to your wellness program! To earn/keep your \$240 annual wellness credit for plan year beginning 1/1/2023, **Pre-65 (non-Medicare) Retirees/Beneficiaries** enrolled in medical coverage with Kaiser Permanente must complete the healthy activities* outline below. Here is how:

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1. Visit [Kaiser Permanente Wellness Programs \(webmdhealth.com\)](https://webmdhealth.com) and sign on with your <http://kp.org> user ID and password.
2. Accept the Wellness Program Agreement or you won't be eligible to earn rewards.
3. Be up to date with your biometric screening:
 - Your non-fasting biometric screening includes: blood pressure, hemoglobin A1C, cholesterol and body mass index.
 - If you are already scheduled for a physical, a biometric screening will be included.
 - Or you can schedule a nurse visit appointment for biometric screening only by calling 404-365-0966.
 - If you have a routine appointment already scheduled, please ask your doctor to include your biometric labs.

***Return to the site as often as you would like to track your progress. You must complete ALL activities by 12/31/2022.**