



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 1/1/2025, pre-65 (non-Medicare) retirees/beneficiaries enrolled in medical coverage with Kaiser Permanente must complete the healthy activities outlined below.

Here is how:

1. Visit [Kaiser Permanente Wellness Programs \(webmdhealth.com\)](https://www.kaiserpermanente.org/health/wellness) 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.

All activities must be completed by 12/31/2024.