

Boost your health and your wealth!

Get up to a 2% credit toward your health plan premium and win a fitbit!

Montgomery County Public Schools Wellness Program

Complete your wellness activities by October 4, 2019

At Kaiser Permanente, your wellness is our goal. That's why we reward you for taking steps to stay healthy with the Montgomery County Public Schools (MCPS) Wellness Program. By accepting the program agreement and completing all your wellness activities, you'll earn credit toward your health plan premium in 2020 and get a personal fitbit from MCPS to help you reach your health goals. **Just complete the following activities by October 4, 2019:**

- Visit kp.org/engage and sign on. If you're not yet registered, click the "Register for an account" button to get a user ID and password.
- Accept the Wellness Program Agreement.¹
- Complete an online health risk assessment.²
- Complete your biometric screenings.

It's easy. And remember—you can visit kp.org/engage any time to track your progress.

¹If you do not accept the agreement, you will not receive credits for your participation or be eligible for rewards.

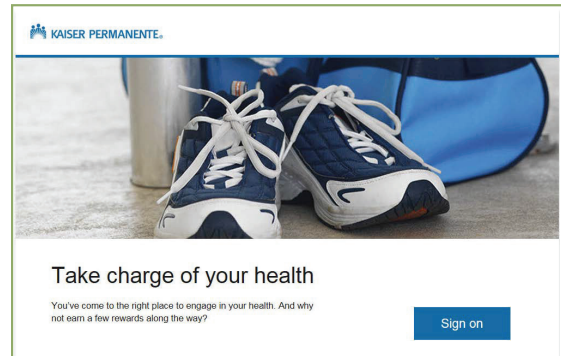
²You can take the Total Health Assessment as often as you would like, but you can only earn credit for it once during the reward period.



How to accept the Wellness Program Agreement

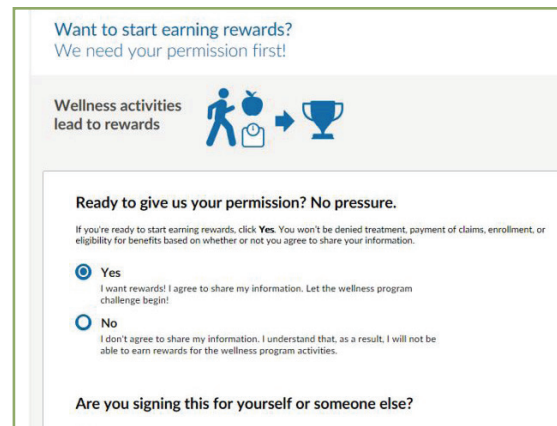
1 Sign on

- Visit the wellness program website at kp.org/engage.
- Sign on with your **kp.org** user ID and password. If you aren't yet registered on **kp.org**, click the "Register for an account" button to get a user ID and password.



2 Agree

- To receive credit for your activities, check "Yes" to accept the Wellness Program Agreement, then click "Submit."
- If you check "No," you will not earn credit for your Wellness Program activities.



3 Participate

- Get started on your wellness activities, which are listed on the "My rewards" page.
- Visit the website whenever you like to track your progress.
- Completed wellness activities will have a green check mark (✓) beside them.

4 Screenings

Complete your biometric screenings to stay on top of important health numbers, either by attending one of our onsite screenings at MCPS, or by visiting any of the Kaiser Permanente medical centers. We offer the following onsite screenings:

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

Blood pressure and BMI screenings must be updated every 2 years, and cholesterol and glucose screenings must be updated every 5 years.

The rewards program is open to all Montgomery County Public Schools plan participants and their spouses 18 and older who are Kaiser Permanente members. Workforce health programs and rewards are separate services that are not health plan benefits, and they may be discontinued at any time.