

How to Earn Wellness Points in 2020



In 2020, Kaiser Permanente (KP) members can still earn money for each employee and covered spouse that participates in the Wellness Program. By following the steps below, in no particular order, you can earn money to help you and your family pay for Healthcare costs and more. Starting January 1, 2020, follow the steps below so you do not leave this extra money on the table!*

1

Sign up for the KP Wellness Program at www.my.kp.org/shbp. Then, sign into your account to accept your “Wellness Program Agreement”. To accept, click YES, then “Submit”!

2

Take your “Total Health Assessment” online. This questionnaire is confidential and will take about 20 minutes to complete.

3

Get a biometric screening either on-site with a KP clinician at a State Health Benefit Plan - sponsored event, or at your KP Medical Office. It’s free – just download the screening form and take it with you.

4

Complete all age and gender appropriate preventive screenings for breast, cervical or colorectal cancer.

5

Complete one online “Healthy Lifestyle Program”

Complete steps 1-5 and get a \$500 reward card!

What Can I use My Reward Card* For?

The short answer is: whatever you want! Some suggestions to further embrace your health: use your rewards card to pay for co-pays and prescriptions, massages, a weekend hiking trip, new workout clothes or stocking up on healthy foods.

If you earned wellness credits in 2019 in a plan other than KP, they will roll over to a Kaiser Permanente Rollover Account (KPRA) in 2020. Rollover credits will show in your account around April 2020. You can use this money to help pay for health care.

If you need help, contact KP’s wellness program customer service at: 866-300-9867

Spouses should
participate, too!

If you *and* your covered spouse complete steps 1-5 above, that means your family can earn up to:

\$1,000

*To receive your reward money, you must complete all activities between January 1, 2020 and November 30, 2020.