

# Earn rewards for completing new and improved digital health programs

KAISER PERMANENTE® **thrive**

## Earn up to \$100 by meeting your wellness goals

Ready to make a healthy change? You and your spouse/domestic partner can earn up to \$100 each in rewards cards by completing these activities:



### Take the Total Health Assessment

Do this simple online survey and earn \$25 in rewards. With the Total Health Assessment, you can:

- Get a personalized action plan
- Learn more about your health



### Complete up to 3 healthy lifestyle programs

Take up to 3 online health programs for up to \$75 in rewards. They can help you:

- Lose weight
- Quit tobacco
- Reduce stress
- Eat healthier



Start earning your rewards today!

Visit [kp.org/eutf](https://kp.org/eutf), then click on "Reap the Rewards".

**You are responsible for any taxes that may be due on the amounts received. Please talk to your personal tax adviser for specific tax information about this reward.**

For questions or to check on your rewards status, contact Kaiser Permanente Rewards Member Services at **1-866-300-9867** or email [RewardsCustomerService@kp.org](mailto:RewardsCustomerService@kp.org). Please provide your name, a brief statement of your question or issue, your group name ("Employer-Union Health Benefits Trust Fund") and your daytime phone number.

The rewards program runs from July 1 to June 30 each contract year and is open to all Kaiser Permanente EUTF subscribers and your enrolled spouse/domestic partner, 18 years old and older, **except for retirees and those enrolled in the HSTA VB Plan**. You can only earn up to \$100 per contract period. You must complete the activities during the contract year. Rewards will be issued 4 to 6 weeks after you complete your activity. Rewards cards expire 12 months after activation.