

2023 Well-being Incentive Program



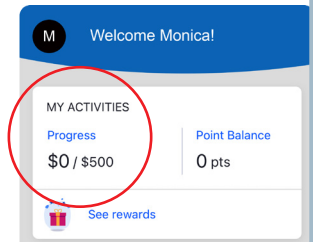
Complete the **three steps** below to earn a **\$500** well-being incentive.

1

Complete the Engage Health Assessment

by Sept. 30, 2023

In [Engage](#), navigate to “My Activities” and then select “Engage Health Assessment.”

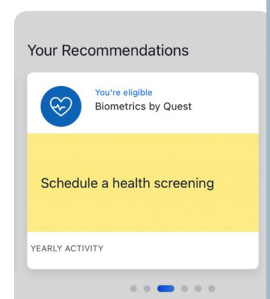


2

Receive an Annual Physical

by Sept. 30, 2023

Complete your annual physical with your primary care physician (PCP). If you don't have a PCP, you can search for one on Engage. As an alternative, you can complete a **wellness screening** with Quest Diagnostics.

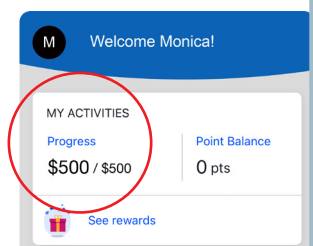


3

Verify Completion of Activities in Engage

by Oct. 31, 2023

In Engage, navigate to “My Activities” and ensure the “Progress” section displays **\$500/\$500**. You'll receive \$500 via paycheck or HSA if eligible.



Your **covered spouse or domestic partner** can also earn **\$500** for completing these three steps.



Download the **Engage** app to get started!

For more information, visit the [Total Rewards Gateway](#).

Participants in the HMSA, Kaiser Hawaii and Tricare Supplement plans aren't eligible for the well-being incentive. Baltimore and Sunnyvale-represented employees are eligible for the [Annual Physical Incentive Program](#).

Kaiser Permanente plan participants are eligible to receive the incentive by staying up to date on all wellness screenings and completing the “Wellness Program Agreement” on [KP.org/engage](https://kp.org/engage) by Sept. 30, 2023.