

ELEVATE YOUR HEALTH STATUS

Tackle your health goals as a family with HealthWorks by Kaiser Permanente, a worksite wellness program courtesy of ASD20.



DISCOVER

GREAT REWARDS

Take a confidential online Total Health Assessment for a picture of your overall health. You'll get a customized action plan with tips and resources to improve your well-being. Earn 2000 ChipRewards points upon completion.

DARE

GREAT REWARDS

After completing the Total Health Assessment, choose from several online healthy lifestyle programs. Personalized and self-paced, they can help you reduce stress, quit smoking, lose weight, and more. Earn 500 ChipRewards points each, 3 programs max.

To take any of the programs:

- ▶ If you're a Kaiser Permanente member, sign on to kp.org. At the "Health & wellness" tab, click on "Programs & classes." Click on the healthy lifestyle program of your choice.
- ▶ If you're not a member, go to my.healthmedia.com/signup/index.html?au=NMASD for special access. Enter Employer Group ID 49023 and Subgroup ID 001 when prompted.

Get started at kp.org/THA.

The rewards program runs from February 1, 2016, through April 8, 2016, and is open to all ASD20 employees 18 and older whether or not they are Kaiser Permanente members. The Total Health Assessment can be taken as often as you like, but rewards, if available, can be earned only once per reward period. Healthy Lifestyle programs can be taken once every 201 days, but rewards, if available, can be earned only once per reward period.



healthworks
by KAISER PERMANENTE.