

2022-2023 Kaiser Permanente Healthy Lifestyle

November 1st to May 31st

Program Guide and FAQ

The 2022-2023 *Healthy Lifestyle* program is available to active employees and/or spouses enrolled in the District-sponsored Kaiser Permanente medical plan for the October 1st, 2022 plan year. All participants will have access to individual wellness coaching, weight management classes, tools for sleep and stress management, biweekly health tips, and eligibility to receive a \$150 program completion reward* and the chance to win a Grand Prize*! *Healthy Lifestyle* is brought to you by **NMUSD *Wellness for Life*** and Kaiser Permanente.

* The \$150 program reward is available to participants who complete the program requirements. One InBody H20N At-home Body Composition Scale will be raffled as the Grand Prize; only participants who complete the program requirements and earn the program reward will be entered into the raffle.

GETTING STARTED

- Step 1:** Read through this *Program Guide and FAQ* document for a full understanding of the program requirements, how to participate, and how to earn the \$150 program completion reward.
- Step 2:** *Complete the program registration* by October 28th, 2022. Every participant is required to read the Program Guide and FAQ and complete their own registration.

PROGRAM REQUIREMENTS

In order to earn the \$150 program reward, you must choose one **OPTION** below and complete its requirements between November 1st, 2022 and May 31st, 2023. You do not need to report your choice. You may simply get started and submit any necessary proof of completion to wellness@nmusd.us by May 31st, 2023. Please see the requirements for each **OPTION** on this page and the following pages, and more FAQs on later pages for program and rewards details.

OPTION 1: Work with a wellness coach over the phone

OPTION 1: Wellness Coaching	
Coaching Session 1	<input type="checkbox"/>
Coaching Session 2	<input type="checkbox"/>
Coaching Session 3	<input type="checkbox"/>
Coaching Session 4	<input type="checkbox"/>
Coaching Session 5	<input type="checkbox"/>
Coaching Session 6	<input type="checkbox"/>
Coaching Session 7	<input type="checkbox"/>

OPTION 1 Requirements:

Begin and complete seven (7) or more wellness coaching sessions with a Kaiser Permanente Telephonic Wellness Coach between November 1st, 2022 and May 31st, 2023, and submit a completed [Wellness Coaching Session Log](#) to wellness@nmusd.us by May 31st, 2023.

Through wellness coaching you get one-on-one guidance and support from a dedicated wellness coach who can help you set goals, stick to them, and, most importantly, see results. Your coach can help you manage your weight, reduce your stress, quit tobacco, eat healthier, and increase physical activity, and you can do it all from the comfort of home. Call 866-862-4295 to get started and take a moment to learn more about [Kaiser Permanente Wellness Coaching](#).

OPTION 2: Improve your sleep habits

OPTION 2 REQUIREMENTS:

Begin and complete the [Rest and Revive: Sleep Better Workbook](#) AND seven (7) weeks of the [Rest and Revive: Sleep Better Journal](#) between November 1st, 2022 and May 31st, 2023, and submit both completed documents to wellness@nmusd.us by May 31st, 2023. You may pick any seven (7) weeks of the program period to complete your journal. We recommend either completing seven consecutive weeks, or one week from each month of the program, but you can complete any seven weeks of your choice for credit. You are also welcome to connect with a Kaiser Permanente Telephonic Wellness Coach at 866-862-4295 for additional support, but this is not required for OPTION 2.

OPTION 2: Wellness Coaching	
Workbook	<input type="checkbox"/>
Journal Week 1	<input type="checkbox"/>
Journal Week 2	<input type="checkbox"/>
Journal Week 3	<input type="checkbox"/>
Journal Week 4	<input type="checkbox"/>
Journal Week 5	<input type="checkbox"/>
Journal Week 6	<input type="checkbox"/>
Journal Week 7	<input type="checkbox"/>

OPTION 3: Manage your stress

OPTION 3: Stress Management

- Workbook Week 1
- Workbook Week 2
- Workbook Week 3
- Workbook Week 4
- Workbook Week 5
- Workbook Week 6
- Workbook Week 7

OPTION 3 REQUIREMENTS:

Begin and complete the 8-week *Finding Balance: Stress Management Workbook* between November 1st, 2022 and May 31st, 2023 and submit it to wellness@nmusd.us by May 31st, 2023. You are welcome to utilize the *Finding Balance: Stress Management Guide* and/or connect with a Kaiser Permanente Wellness Coach telephonically at 866-862-4295 for additional support, but neither are required for OPTION 3.

OPTION 4: Attend weight-management classes

OPTION 4 REQUIREMENTS:

Attend 7 or more *Healthy Balance: A Weight-Management Program* classes at a Kaiser Permanente location between November 1st, 2022 and May 31st, 2023 and submit a completed *Healthy Balance Class Session Log* to wellness@nmusd.us by May 31st, 2023. The *Healthy Balance* program length, availability, and schedules vary by location; [search for Healthy Balance classes in Southern California](#) and broaden your search as necessary. The *Healthy Balance* program is designed to go beyond the OPTION 4 minimum requirement of seven (7) classes/weeks; you are encouraged to continue with it even after you have met the minimum requirement, though this is up to you. *Healthy Balance* is developed by professionals and is based on three basic ideas for success: healthy eating, daily habits, and getting active. Kaiser Permanente medical and weight loss professionals work with you to help achieve your goals, while other program members will help cheer you on. Programs are offered weekly. Start early. *Healthy Balance* coaching by phone is available to support you during the program.

OPTION 4: Healthy Balance Classes

- Healthy Balance Class 1
- Healthy Balance Class 2
- Healthy Balance Class 3
- Healthy Balance Class 4
- Healthy Balance Class 5
- Healthy Balance Class 6
- Healthy Balance Class 7

OPTION 5: Discover other Kaiser Permanente wellness solutions

Option 5 Requirements:

Kaiser Permanente offers a wide variety of wellness solutions for their members. If none of the above **OPTIONS (1-4)** are of interest to you or a good fit for your wellness needs, we invite you to explore the additional classes and programs available at Kaiser Permanente locations in your area using the instructions below. If you find one that suits your needs, please *send a request to wellness@nmusd.us by November 30th, 2022 with as much information as possible - class/program name, overview, location, etc. - so that we may determine an equitable alternative requirement for program completion credit.* Only Kaiser Permanente resources, classes, and programs will be considered (no outside vendors, carriers, or brands).

[Visit the Kaiser Permanente Classes and Program Search Page](#) and select a location, search area, and topic to explore additional wellness solutions available to you as a Kaiser Permanente medical member.

Health & wellness > Classes & programs > Search results Print

LOCATION Use my location DISTANCE TOPIC

92626 Within 25 miles Select topic Search

Enter city or ZIP code

- Select topic
- Diabetes
- Healthy eating
- Heart health
- High Blood Pressure
- Life care planning
- Lungs and airways
- Making health decisions
- Parenting
- Pregnancy
- Quit smoking
- Senior health
- Sleep problems
- Weight

PROGRAM FAQs

Please continue through the following section to view additional program information and FAQs

What is the *Healthy Lifestyle* program? Healthy Lifestyle is designed to get NMUSD employees and spouses connected with the numerous health and wellness resources that you have available to you as a *Kaiser Permanente* member, which are built to help you on your wellness journey.

Who is eligible to participate? You must be an NMUSD employee, or the spouse of an NMUSD employee, and be enrolled in the District-sponsored *Kaiser Permanente* medical plan for the October 1st, 2022 medical plan year to participate and be eligible to earn the \$150 reward.

MORE PROGRAM REQUIREMENTS AND DETAILS ON FOLLOWING PAGES

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Please direct all unanswered questions to wellness@nmusd.us

How do I choose an OPTION? We offer multiple program participation options to suit as many participants' wellness needs as possible. Each OPTION has a different focus and utilizes different tools and resources, so it is up to you to decide which is the best fit for you. You do not need to make an official election or report to us which OPTION you have chosen. Simply get started with the requirements listed on the previous pages.

Can I do more than one OPTION? Yes, you are welcome to utilize the tools and resources from any and all OPTIONS you would like. However, you are only required to complete the requirements of one OPTION in order to earn the \$150 reward. All participants will be eligible for a single \$150 reward. However, you are welcome to complete multiple OPTIONS for multiple Grand Prize entries.

Can I earn more than one \$150 reward? No, each participant will only be eligible for ONE \$150 reward for the 2022-2023 *Healthy Lifestyle* program.

When will I receive my \$150 reward? Participants who complete an OPTION and submit proof of completion by January 31st, 2023 will be awarded in February. Participants who complete an OPTION and submit proof of completion between February 1st and May 31st, 2023 will be awarded in June.

How will I receive my \$150 reward? Two rounds of rewards will be processed - the first round will be in February 2023 and the second round will be in June 2023 (see previous question). All participants who complete the program requirements and earn the \$150 reward will receive a confirmation to the email with which they registered. From that confirmation email they will claim their reward and provide their preferred mailing address. All participants must claim their reward and provide their mailing address to receive their reward; it will not be delivered otherwise. Rewards will be ordered and fulfilled via Amazon.

What specifically is the \$150 reward? The \$150 reward will come in the form of a pre-paid debit card, fulfilled by Amazon. The specific vendor may vary between VISA, Mastercard, or American Express depending on availability, and will have a 12-month expiration. It is the participant's responsibility to spend the \$150 reward before it expires; expired reward cards will not be replaced.

How do I win a Grand Prize? One Grand Prize in the form of an *InBody H20N At-home Body Composition Scale* will be awarded via random drawing. All participants who complete the program requirements and earn the \$150 reward will be entered into the drawing, which will be held in June 2023 after the close of the program. While participants are limited to a single \$150 program reward, they will get an entry into the Grand Prize drawing for each OPTION they complete.

Who can I reach out to for questions? If you have questions about the *Healthy Lifestyle* program offered by **NMUSD Wellness for Life**, please send an email to wellness@nmusd.us. If you have specific questions about the Kaiser Permanente wellness resources or how to navigate them, please reach out to Kaiser Permanente Customer Service at the number on the back of your medical ID card.



Newport-Mesa
Unified School District

Wellness for Life



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