

2023-2024 Strive To Thrive

Formerly known as Healthy Lifestyle Program

November 13th to April 30th ✨ Register by November 10th!

Program Guide and FAQ

The 2023-2024 *Strive To Thrive* program is available to active employees and/or spouses enrolled in the District-sponsored Kaiser Permanente medical plan for the October 1st, 2023 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 \$100 program completion reward* and the chance to win a Grand Prize Retrospec Beaumont City Bike*. *Strive To Thrive* is brought to you by **NMUSD Wellness for Life** and Kaiser Permanente.

* The \$100 program reward is available to participants who complete the program requirements. One Retrospec Beaumont City Bike 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. In the event that the listed prize is unavailable from the vendor at time of purchase, a prize equivalent of similar value will be offered.

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 \$100 program completion reward.
- Step 2:** Complete the program registration by November 10th, 2023. Every participant is required to read the Program Guide and FAQ and complete their own registration.

PROGRAM REQUIREMENTS

In order to earn the \$100 program reward, you must choose one **OPTION** below and complete its requirements between November 13th, 2023 and April 30th, 2024. 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 April 30th, 2024. 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

Coaching Session 2

Coaching Session 3

Coaching Session 4

Coaching Session 5

Coaching Session 6

Coaching Session 7

OPTION 1 Requirements:

Begin and complete seven (7) or more wellness coaching sessions with a Kaiser Permanente Telephonic Wellness Coach between November 13th, 2023 and April 30th, 2024, and submit a completed Wellness Coaching Session Log to wellness@nmusd.us by April 30th, 2024. 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 13th, 2023 and April 30th, 2024, and submit both completed documents to wellness@nmusd.us by April 30th, 2024. 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

Journal Week 1

Journal Week 2

Journal Week 3

Journal Week 4

Journal Week 5

Journal Week 6

Journal Week 7

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 13th, 2023 and April 30th, 2024 and submit it to wellness@nmusd.us by April 30th, 2024. 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 13th, 2023 and April 30th, 2024 and submit a completed *Healthy Balance Class Session Log* to wellness@nmusd.us by April 30th, 2024. 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, 2023 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

92626

Enter city or ZIP code

DISTANCE

Within 25 miles

TOPIC

Select topic

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

Search

PROGRAM FAQs

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

What is the *Strive To Thrive* program? *Strive To Thrive* 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, 2023 medical plan year to participate and be eligible to earn the \$100 reward.

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 \$100 reward. All participants will be eligible for a single \$100 reward. However, you are welcome to complete multiple OPTIONS for multiple Grand Prize entries.

Can I earn more than one \$100 reward? No, each participant will only be eligible for ONE \$100 reward for the 2023-2024 Strive To Thrive program.

When will I receive my \$100 reward? Participants who complete an OPTION and submit proof of completion by January 31st, 2024 will be awarded in February. Participants who complete an OPTION and submit proof of completion between February 1st and April 30th, 2024 will be awarded in May.

How will I receive my \$100 reward? Two rounds of rewards will be processed - the first round will be in February 2024 and the second round will be in May 2024 (see previous question). All participants who complete the program requirements and earn the \$100 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 selected by the participant from an e-gift card catalog and fulfilled via our e-gift card partner, Tango Card.

What specifically is the \$100 reward? The \$100 reward will come in the form of an electronic gift card, fulfilled by Tango Card. It is the participant's responsibility to spend the \$100 reward before it expires; expired electronic gift cards will not be replaced.

How do I win a Grand Prize? One Grand Prize in the form of a Retrospec Beaumont City Bike will be awarded via random drawing. All participants who complete the program requirements and earn the \$100 reward will be entered into the drawing, which will be held in May 2024 after the close of the program. While participants are limited to a single \$100 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 *Strive To Thrive* 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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