Newport-Mesa Unified School District *Wellness for Life*

KAISER PERMANENTE®

2025-2026 Strive To Thrive

November 12th to April 30th ✨ ***Register by November 10th!***

Program Guide and FAQ

The 2025-2026 *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, 2025 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 YETI Tundra 35 cooler*! *Strive To Thrive* 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 YETI Tundra 35 cooler 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 $150 program completion reward.

Step 2: *Complete the program registration* by November 10th, 2025. Every participant is required to read the Program Guide and FAQ and complete their own registration.

PROGRAM REQUIREMENTS AND DETAILS ON FOLLOWING PAGES

PROGRAM REQUIREMENTS

In order to earn the $150 program reward, you must choose one OPTION below and complete its requirements between November 12th, 2025 and April 30th, 2026. 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, 2026. 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 ☐

OPTION 1 Requirements:

Begin and complete six (6) or more wellness coaching sessions with a Kaiser Permanente Telephonic Wellness Coach between November 12th, 2025 and April 30th, 2026, and submit a completed *Wellness Coaching Session Log* to wellness@nmusd.us by April 30th, 2026. 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 12th, 2025 and April 30th, 2026, and submit both completed documents to wellness@nmusd.us by April 30th, 2026. 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 ☐

MORE PROGRAM REQUIREMENTS AND DETAILS ON FOLLOWING PAGES

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 12th, 2025 and April 30th, 2026 and submit it to wellness@nmusd.us by April 30th, 2026. 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 6 or more *Healthy Balance: A Weight-Management Program* classes at a Kaiser Permanente location between November 12th, 2025 and April 30th, 2026 and submit a completed *Healthy Balance Class Session Log* to wellness@nmusd.us by April 30th, 2026. 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 six (6) 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 ☐

MORE PROGRAM REQUIREMENTS AND DETAILS ON FOLLOWING PAGES

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, 2025 medical plan year to participate and be eligible to earn the $150 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 $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 2025-2026 Strive To Thrive program.

When will I receive my $150 reward? Participants who complete an OPTION and submit proof of completion by April 30th, 2026 will receive their reward in May.

How will I receive my $150 reward? All participants who complete the program requirements by April 30th, 2026 and earn the $150 reward will receive a confirmation to the email with which they registered. From that confirmation email they will claim their gift card reward and provide their preferred email address. All participants must claim their gift card reward and provide their email 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.

How do I win a Grand Prize? One Grand Prize in the form of a YETI Tundra 35 Cooler 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 May 2026 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 ***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.