



1

Scan the QR code to
kp.org/engage
to get started

Earn up to
\$1,000*
per household
in rewards

Our new wellness program will not require you to complete a wellness program agreement to earn your rewards.

2

Complete these activities to earn your reward—and stay healthy!



Take the online Total Health Assessment



Talk to a wellness coach or complete an online healthy lifestyle program

To make a wellness coaching appointment call **404-949-5196**, Monday through Friday, 7 a.m. - 7 p.m. We encourage scheduling appointments earlier in the year, if possible.



Get your biometric screening



Complete age-appropriate cancer screenings

Complete activities by
Nov. 30, 2026

Get full details at



choose.kp.org/shbp or call 855-512-5997

* Each member and covered spouse who each complete the Kaiser Permanente Wellness Program will receive a \$500 reward card—\$1,000 per household to spend on anything you choose!

