

# GIVE YOUR HEALTH A BOOST



Follow this step-by-step guide to earn your wellness incentive.

The Fairfax County Public Schools extended wellness initiative for 2023-2024 is for employed subscribers. This guide outlines the steps you need to take to improve your health and earn rewards.

# Getting started

You have an opportunity to earn a \$100 rewards card when you complete a confidential online Total Health Assessment and are up to date on biometric screenings through your Kaiser Permanente health plan.<sup>1</sup>

The rewards program runs from January 1, 2023 through June 15, 2024.

FCPS employees who are primary subscribers to the Kaiser Permanente health plan are eligible to participate. Family members are not eligible to participate. If you have questions about this wellness incentive, your benefits, or this online portal, email [employeewellness@fcps.edu](mailto:employeewellness@fcps.edu).



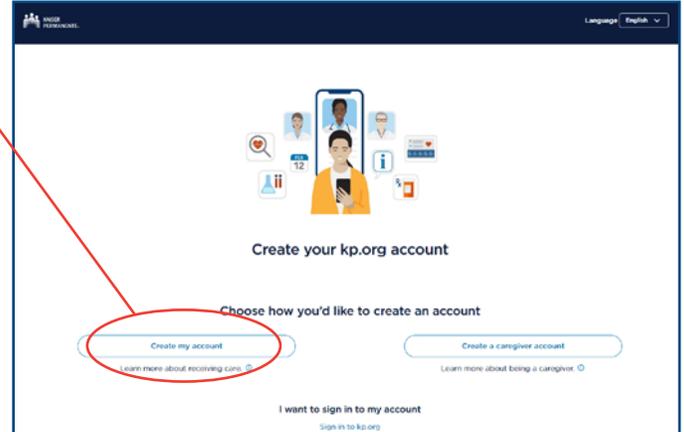
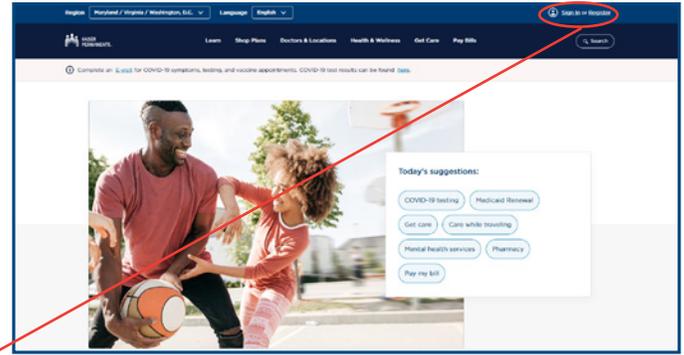
<sup>1</sup>Program rewards are administered by Kaiser Permanente.

# Register on **kp.org**

(If you have already enrolled at **kp.org**, skip to Step 1.)

Follow these steps to get started:

- Enter **kp.org** in your web browser at the top of your computer screen. Click *Register*.
- Select the language you prefer.
- Select *Create my account*.
- Provide your personal information as required.



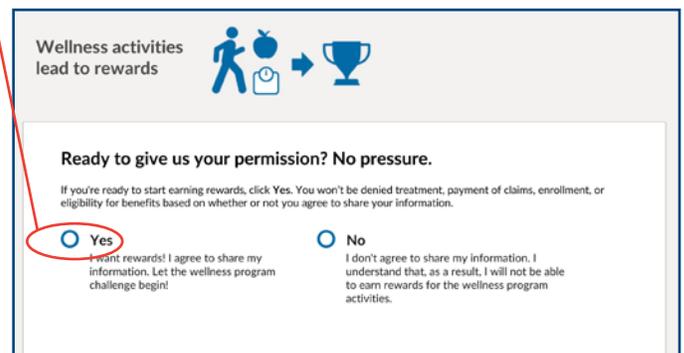
## Step 1. Sign your Wellness Program Agreement

You'll need to accept the Wellness Program Agreement to participate. Here's how:

- Visit the Wellness Program website at **kp.org/engage**.
- Sign on with your **kp.org** User ID and Password.
- Check *Yes* to accept the Wellness Program agreement so you can receive credit for your activities, then click *Submit*. **If you check *No*, you will not earn your wellness incentive for completing your online health assessment and biometric screenings.<sup>1</sup>**
- Update or provide your contact information.



Questions about this online portal?  
Please call us at **866-300-9867**, Monday through Friday, 11 a.m. to 8 p.m., or send an email to **rewardscustomerservice@kp.org**.



<sup>1</sup> If you do not accept the agreement, you will not be eligible to receive a \$100 gift card for your participation.

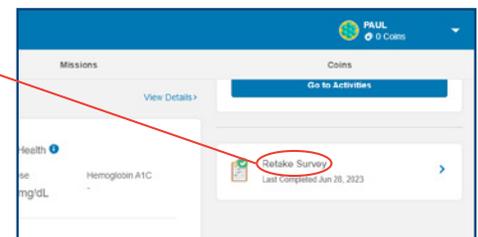
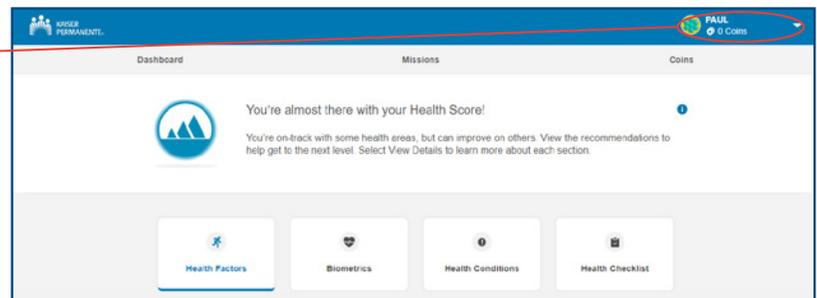
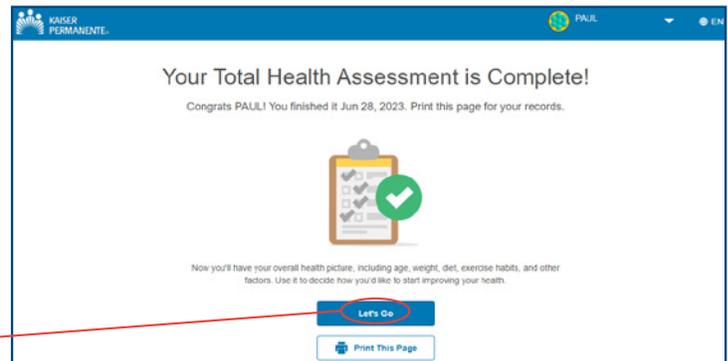
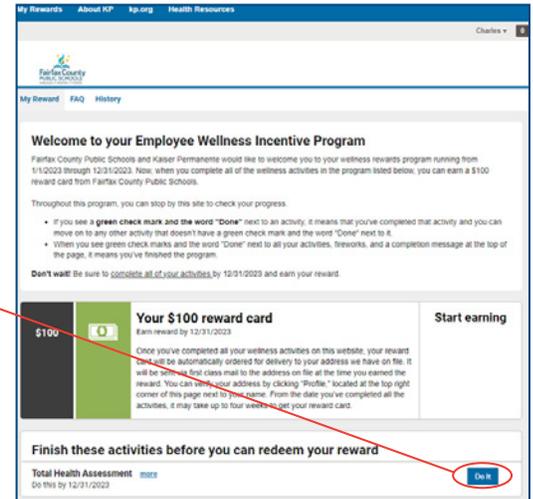
# Step 2. Complete your Total Health Assessment

To complete your **Total Health Assessment**, simply return to **kp.org/engage** and click on **More** in the Health Assessment section to expand for more details.

- Click on the blue box labeled **Do It** to begin your Total Health Assessment. Log in with your **kp.org User ID** and **Password** if necessary.
- Review and agree to the Terms and Conditions; click **Continue**.
- Confirm your email address; click **Submit**.
- Select your preferred language; click **Continue**.
- Click the **Start Your Questionnaire** button to begin your assessment.
- Click **Submit** when you have completed the questionnaire.
- Print your summary, which will include a personalized plan for improving your health.

If you have completed the Total Health Assessment in previous years, you may encounter a page that says the assessment is complete. Follow these steps to retake the survey to obtain credit for this year:

- Click **Let's Go**.
- Click your name in the top right corner, then click **Profile** on the drop down.
- Scroll to the bottom of the page and click **Retake Survey** on the bottom right corner

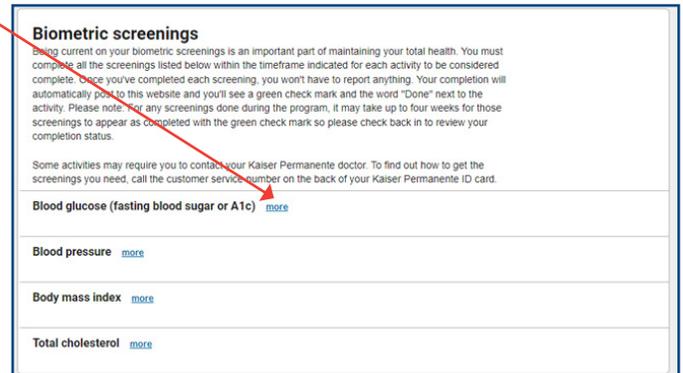


# Step 3. Complete your screenings

At the [kp.org/engage](https://kp.org/engage) home page, click on [More](#) to get more information on each biometric screening and to see what screenings need to be completed. Visit any Kaiser Permanente medical center if you're not current for these screenings:

- Body mass index (BMI)
- Blood glucose
- Blood pressure
- Cholesterol

Only the date of completion for each screening is shared with FCPS, not each individual result.  
Only Kaiser Permanente receives your screening results.



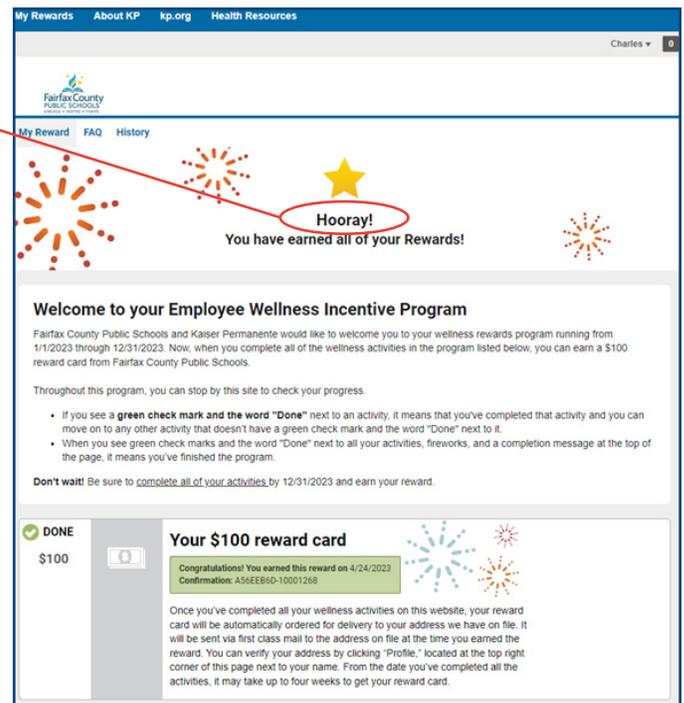
# Step 4. Completing the rewards program

Once your activities have been completed, you can track the status at [kp.org/engage](https://kp.org/engage).

A *Hooray!* congratulations message will be shown once biometric screenings and total health assessment are completed.

- A list of all finished activities and rewards will be marked completed with a green check.
- Once you've completed a screening, it can take up to 3 weeks for it to show on the website
- Please allow 6-8 weeks from completion date for your gift card to arrive in the mail. The gift card will be mailed to the address associated with your [kp.org](https://kp.org) account.

Questions about this online portal?  
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# Frequently Asked Questions

## Who is eligible to participate in the wellness incentive program?

FCPS employees who are primary subscribers of the Kaiser Permanente health plan are eligible. Dependents and spouses are not eligible to participate.

## What are the tax implications of the \$100 reward?

In keeping with IRS regulations, the value of the rewards card must be included as taxable income on the recipient's FCPS-issued W-2, and is subject to all income and FICA withholding taxes.

## Will completing the health assessment and biometric screenings affect my claims?

No, they will not affect your claims.

## What are the start and end dates for completing the health assessment and earning my rewards card?

You may complete the assessment and be up to date on biometric screenings any time between January 1, 2023, and June 15, 2024. You'll receive your reward once you have completed all required activities.

## Who can I contact if I have questions about the online portal?

Call us at **866-300-9867**, Monday through Friday, 11 a.m. to 8 p.m., or send an email to [rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org).

## Who can I contact if I have questions about this wellness incentive or my benefits?

Email [employeewellness@fcps.edu](mailto:employeewellness@fcps.edu)



### Have more questions?

See the full FAQ on [kp.org/engage](https://kp.org/engage) or reach out to [employeewellness@fcps.edu](mailto:employeewellness@fcps.edu).