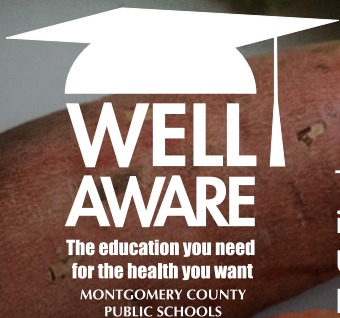


Montgomery County Public Schools (MCPS) Well Aware Wellness Initiative

GIVE YOUR HEALTH A BOOST



The 2024 Montgomery County Public School's Wellness Initiative is for employed subscribers and non-Medicare retirees. Use this step-by-step guide to find out how this initiative can help you improve your health, earn rewards, and save money.

Getting started

When you take advantage of the Montgomery County Public Schools (MCPS) Wellness Initiative, you can reduce your health insurance premium—and learn about vital health numbers like your blood pressure, blood sugar, and body mass index. You can save 2% of your total health insurance cost if you:

- Complete a brief total health assessment.
- Visit any Kaiser Permanente medical center for a no-cost biometric screening.

You can come in during any MCPS Wellness Event (COVID-19 dependent), or schedule a visit at any medical center when it's convenient for you. For complete details, just type "Wellness Initiative" into the search bar of any MCPS web page.

You must complete your biometric health screening and your total health assessment by October 7, 2023, for your savings to take effect on January 1, 2024. To continue your savings, you'll need to stay up to date on your biometric screenings and complete a new online health assessment each year.

QUESTIONS ABOUT THE WELLNESS INITIATIVE, OR YOUR BENEFITS?

Please call the Employee & Retiree Service Center (ERSC) at 301-517-8100, or email your questions to ERSC@mcpsmd.org.

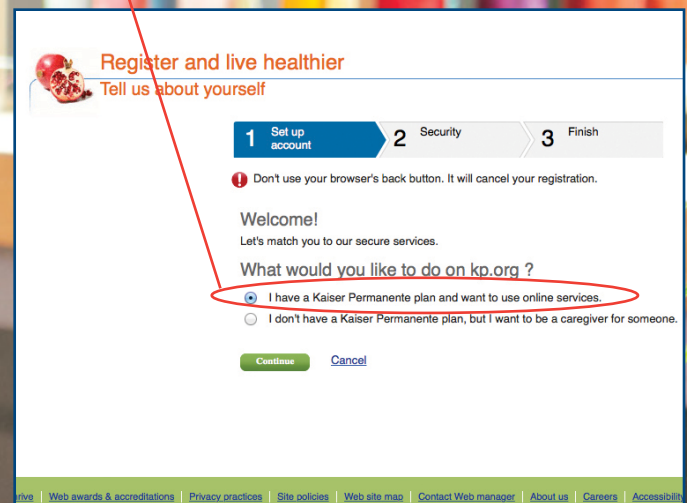
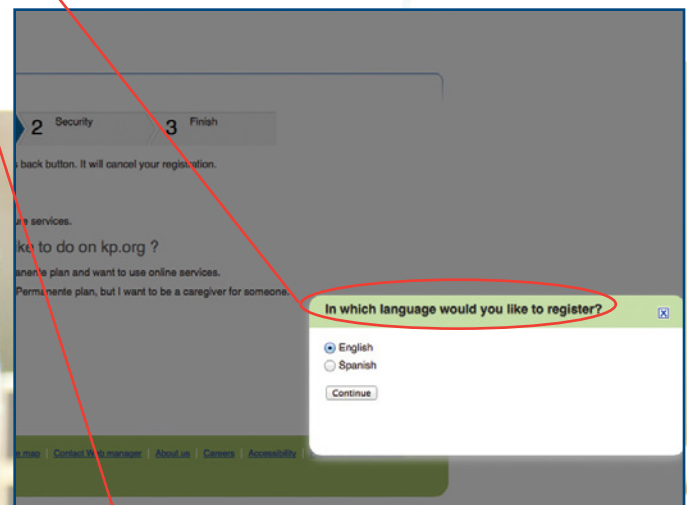
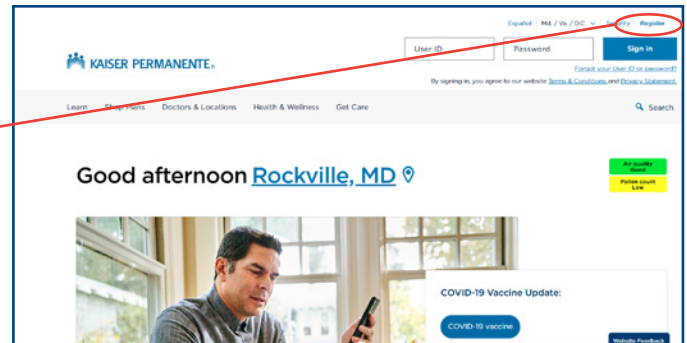


Register on **kp.org**

(If you have already enrolled on **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 *I have a Kaiser Permanente Plan and want to use online services*.
- Provide your personal information as required.



STEP 1.

Sign your Wellness Program Agreement

To qualify for your premium reduction, begin by registering and signing your **Wellness Program Agreement** giving us permission to notify Montgomery County Public Schools (MCPS).

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**.
- Click the *Register Now* button to get a User ID and Password, if you have not already registered on **kp.org**.
- 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 credit for your Kaiser Permanente Wellness Program activities.¹
- Update or provide your contact information.

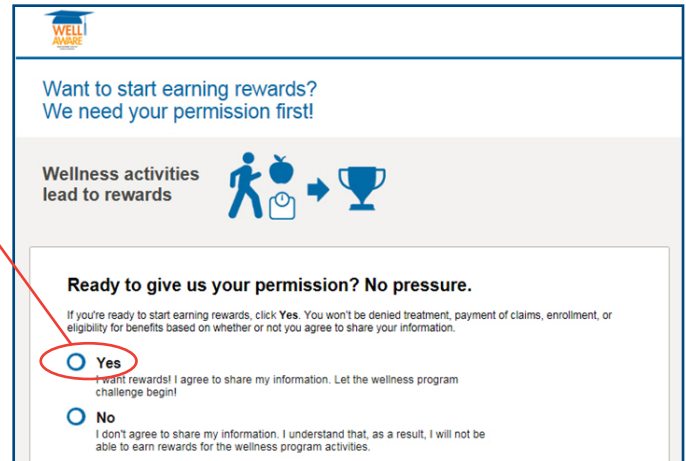
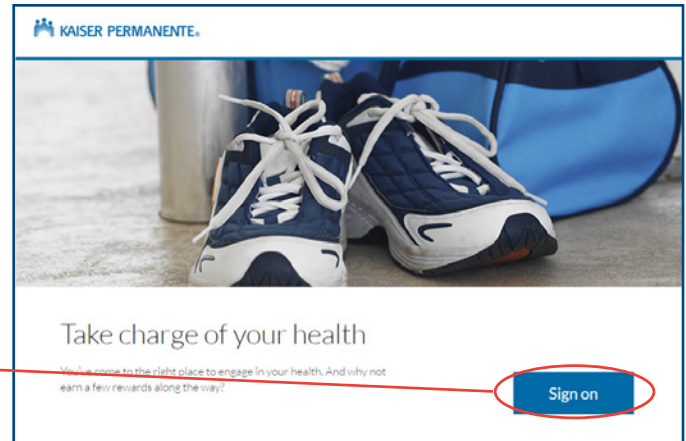
Questions about this online portal?

Please call us at **866-300-9867**,

Monday through Friday, 11 a.m. to 8 p.m.

Or email **rewardscustomerservice@kp.org**.

¹ If you do not accept the agreement, you will not receive credits for your participation or be eligible for rewards.

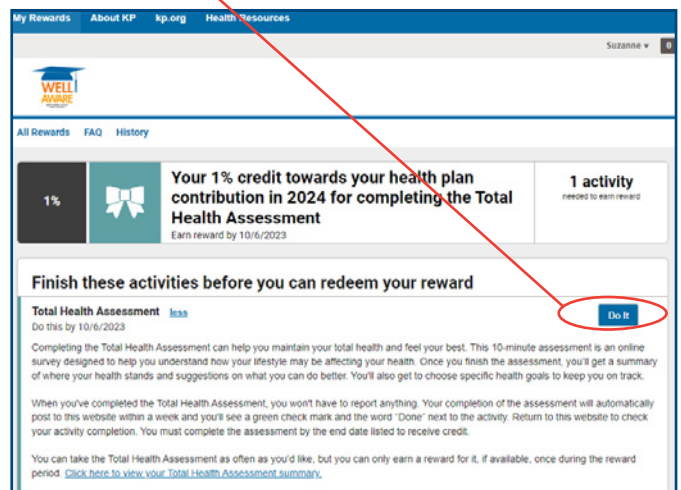
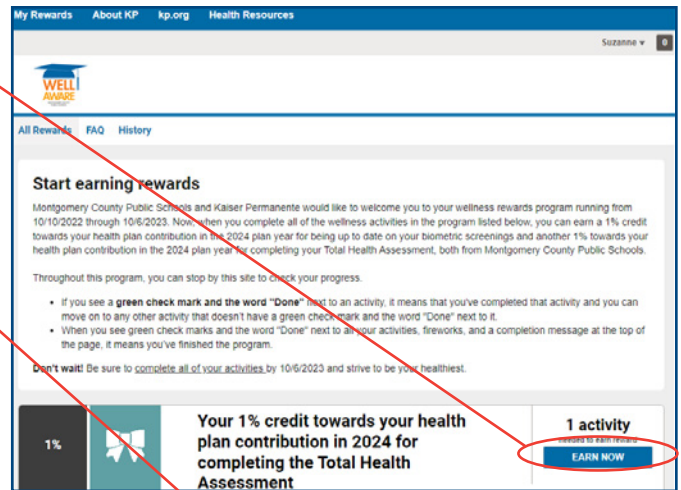


STEP 2.

Complete your Total Health Assessment

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

- Click on the *Start Earning* box 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.



TIPS:

Your MRN is your personal Medical Record Number found on your Kaiser Permanente ID card.

The assessment can be completed across multiple sessions. If you need to log off after you begin, your information will be saved for you to start again at a later time.

Your personal information will never be used for promotional purposes. Any information required is needed for secure communication with your doctor through **kp.org**.

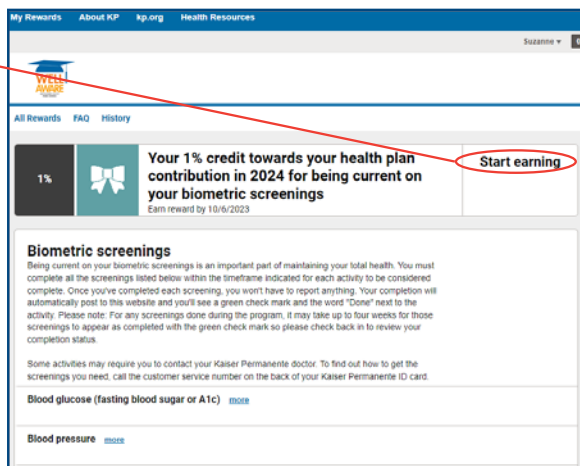
The assessment will send some recommendations for change, as part of a personalized program.

STEP 3. Complete your screenings

On the kp.org/engage home page, click on the *Start Earning* link to get more information on each biometric screening and to see what screenings need to be completed.

Visit any of the Kaiser Permanente medical centers, or attend one of our onsite screenings at MCPS (COVID-19 dependent) for this program to complete these 4 biometric screenings, if you are not current:

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



STEP 4. Completing the rewards program

Once all activities have been completed, employees can track the status of their completed activities at kp.org/engage.

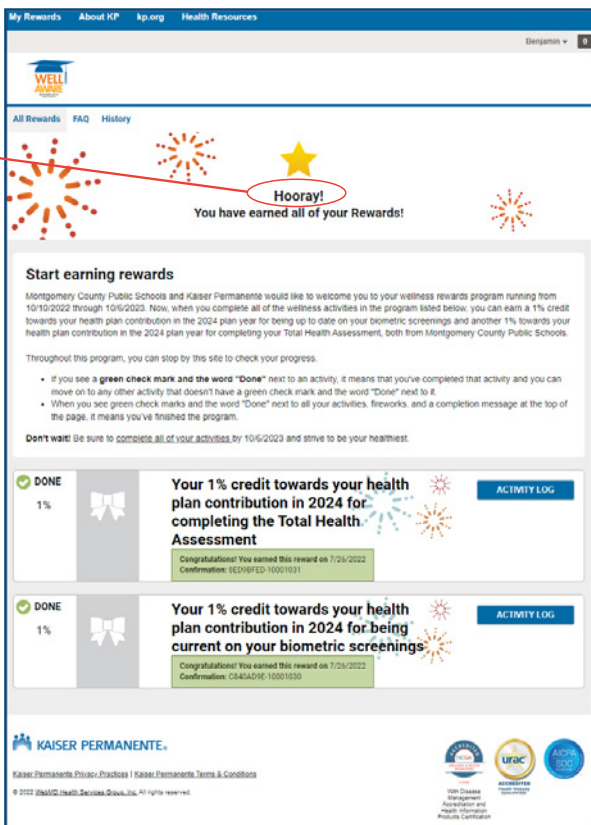
- A *Hooray!* congratulations message will be shown once biometric screenings and total health assessment are completed.
- A list of all finished activities and rewards will be marked completed with a green check.
- Once you have completed a screening, it can take up to 3 weeks for it to show on the website.

Questions about this online portal?

Please call us at **866-300-9867**,

Monday through Friday, 11 a.m. to 8 p.m.

Or email rewardscustomerservice@kp.org.





 kp.org

 **KAISER PERMANENTE®**