



Heat & Frost Insulators of Northern California Local 16 Trust Funds

DATE: December 3, 2018
TO: All Kaiser Participants (Actives, Retirees and Kaiser Senior Advantage)
FROM: The Board of Trustees
RE: The Insulators 16 Wellness Program through Kaiser

Dear Participant:

Great news! The Wellness Program through Kaiser is going into its second year. **Please Note: If you have already enrolled in this program, you will need to re-enroll by going to //kp.org/engage. Re-enrollment is required each and every year!**

This program is available to all Kaiser members. Kaiser Senior Advantage (KPSA) members, have the option to participate in this program. If you choose or do not choose to be part of the Wellness program and you have Kaiser Senior Advantage (KPSA), there will be no change to your deductible. However, this is a great opportunity to manage your health.

All other members, active and retirees without Kaiser Senior Advantage (KPSA), if you engage in all the activities that will help optimize your health you can remain on the \$0 deductible health plan – just for taking good care of yourself! Your spouse and/or domestic partner is **not** obligated to complete the Wellness program, it is encouraged but not required in order to remain in the \$0 deductible plan, **as long as the member completes the Wellness Program.**

If you do **not** choose to participate, your Kaiser annual deductible will increase to \$1,000.00 effective April 1, 2019.

You will need to have your kp.org user ID and password to begin the program. If you do not have one, please log on to kp.org/registernow to establish one. To aid in the completion of the assessment, you should be prepared to have your biometric screening results available:

Biometric screenings:

- Total Cholesterol**
- Blood Sugar (fasting or non-fasting)**
- Blood Pressure**
- Body Mass Index**

Once you have registered, you can check your status of the wellness program at kp.org/engage.

Sincerely,
The Board of Trustees

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Get started and receive healthy savings

Complete these activities by December 31, 2018, and earn great rewards.

1

Join today

- Visit kp.org/engage and sign on with your kp.org user ID and password.*
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Visit the website often to view and track the status of your activities.

2

Here's what to do

- Get 4 biometric screenings: blood glucose, blood pressure, body mass index (BMI), and total cholesterol.
- Stay current on your recommended cancer screenings (breast, cervical, colon).
- Confirm that you don't use any tobacco in any form, or enroll in a program to help you quit.

3

Enjoy the rewards

- Earn the zero-deductible plan for completing your activities.
- You have the entire year to complete the activities but the sooner you complete them the sooner you will be placed on the zero-deductible plan.

Sign on at kp.org/engage.

*If you're not yet registered at kp.org, click the "Register for an account" button to get a user ID and password.

The rewards program runs from January 1, 2018, through December 31, 2018, and is open to all full-time, benefits-eligible Heat & Frost plan participants 18 and older who are Kaiser Permanente members. You can take the Total Health Assessment or the healthy lifestyle programs as often as you would like, but you can only earn a credit for the assessment or first program once during the reward period.

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.