

# HEALTHIER LIVING. REWARDED.

## 2023 WELLNESS PROGRAM

Ready to make a healthy change? You and your spouse can earn up to **\$150** each on the High Option, and **\$75** each on the Standard Option and Prosper, to pay for qualified medical expenses\* by completing these activities:

	Online Healthy Lifestyle Program	Total Health Assessment	Biometric Screenings
High Option	\$50	\$100	NA
Standard Option	\$25	\$50	NA
Prosper	NA	\$75	

*These rewards are available to employee and their enrolled spouse.*

Learn more at [kp.org/feds](https://kp.org/feds)

\*Participating members will get a Kaiser Permanente health payment card that can be used to pay for qualifying medical expenses.

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EARN  
UP TO  
**\$300\***

## What can you pay for with your rewards?

We'll send you a Kaiser Permanente health payment card upon completion of all activities. It can be used to pay for qualified medical expenses, including:

- Your deductible
- Cost sharing, such as your copays
- Dental treatments
- Prescription eyeglasses or contact lenses
- Prescription medications in our Kaiser Permanente pharmacies
- Other IRS-qualified medical expenses



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.

# HEALTH PAYMENT CARD FAQ

## Where can I use my card?

You can use your card at Kaiser Permanente medical offices, pharmacies, hospitals, and optical centers. You may also use the card anywhere that accepts health payment cards for IRS-qualified medical expenses.

## When does the amount on my card expire?

Rewards you earn during a plan year may be used until March 31 of the next calendar year. Any remaining card balance will be forfeited if your Kaiser Permanente FEHB coverage ends. We may discontinue the card if we end the program.

## How do I check my card balance?

Call Health Payment Services at the number listed on the back of your card.

## Should I throw my card away when the balance is \$0?

No. As you complete activities, we'll add rewards to your card – so be sure to keep it handy. We won't send you a new card until you reach the expiration date on your card.

## Any questions?

Visit [kp.org/feds](https://kp.org/feds).

For questions about completing a Total Health Assessment, healthy lifestyle program, or biometric screening, call **1-866-300-9867**, Monday through Friday, 8 a.m. to 5 p.m. Pacific time (closed holidays). You can also email us at [rewardscustomerservice@kp.org](mailto:rewardscustomerservice@kp.org).

For questions about your card balance or qualified medical expenses, call us at the number on the back of your card, Monday through Friday, 5 a.m. to 7 p.m. Pacific time (closed holidays).

