The Wellness Initiatives are very simple. In order to earn the maximum 2% incentive toward your term health benefits. Most importantly, regular physical activity promotes strong, lean muscles and healthy bones; it also increases energy and helps you perform daily tasks more easily, and if you are just getting started remember that any amount of movement is better than none.

Benefits of Regular Physical Activity

- promotes heart health
- decreases risk of diabetes
- reduces the risk of stroke
- reduces the risk ofوف (cancer): breast, colon, lung, and prostate
- helps maintain a healthy weight
- improves brain health
- can reduce stress levels and relieve depression
- improves sleep quality

Contributions to Tobacco Cessation

If you are 5 years or older and a current user of tobacco, you can learn more about your health and reduce your contributions to tobacco cessation class for our staff and significant others. To register for an upcoming session of this program, visit the Employee Assistant Program website or call 800-8100 or 98888.

The Wellness Incentive

For dates and times, and to register, please visit the Well Aware website. Kaiser Permanente, you can learn more about your health and reduce your contributions to tobacco cessation class for our staff and significant others. To register for an upcoming session of this program, visit the Employee Assistant Program website or call 800-8100 or 98888.

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