

# ENJOY A NEW HEALTHY WAY TO EARN \$100

Start today at <https://healthworks.kp.org/cosb>

## GET STARTED

County of San Bernardino employees who are Kaiser Permanente members can once again take part in the My Health Matters! wellness program.

Starting September 2, 2014, earn a \$100 reward when you complete these wellness activities.

## MAKE A PLAN

Take the Total Health Assessment to:

- Get a wellness action plan.
- Tackle your wellness goals.



## KNOW YOUR NUMBERS

Stay up-to-date on your biometric screenings:

- Blood pressure
- Body mass index (BMI)
- Total cholesterol
- Blood sugar (glucose)

Complete the wellness activities by April 30, 2015, to earn your reward.

The rewards program runs from September 2, 2014, through April 30, 2015, and is open to County of San Bernardino employees, 18 and older, who are Kaiser Permanente members.



**healthworks**  
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