



Supporting your next best step in a healthy life.

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

Don't leave dollars on the table!

Our 2020 BeyondWell program provides Kaiser members and eligible spouses with the opportunity to earn up to \$100 in gift cards. There is still time to engage and earn these rewards before the end of this year!

Any earned gift cards will be forfeited if not redeemed by December 31, 2020. So act now!

Get started today

Kaiser members

1. Visit www.beyondwellhealth.com
2. Select **Login/Register** in the top right-hand corner
3. Register your account (your BeyondWell Invitation Code is **CIS**) and accept the Terms of Use.



Take your well-being journey with you anywhere, anytime! Download the BeyondWell app now.

UP TO
\$100 PER YEAR
IN GIFT CARDS

Earn up to \$100 in rewards for healthy activities:

- **Connect a device or app**
- **Verified steps through device**
- **Personal challenges**
- **Self-guided programs**
- **Dental exams**
- **Flu shot**
- **Health assessment**

Flip to learn more about our 2021 program

New Year, More Rewards

2021

Next year, we are building upon our incentive program. Below you will see all the ways you and your qualified spouse on the Kaiser health plan can earn up to \$150 each in Amazon.com* gift cards:

\$5

Sync a device or app

Our new platform syncs with over 100 different devices. Earn this credit once per year.

\$1

Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.¹

\$5

Download the BeyondWell app

Download the BeyondWell app after creating your account online and earn \$5.

\$20

Self-guided program

Participate in one of our six-week programs and earn \$20 per program (up to \$60 annually).

\$40

Dental exam

Complete a preventive dental exam and earn \$40 in 2021.²

\$20

Flu shot

Get your flu vaccination and earn \$20 once per year.²

\$25

Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

\$15

Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$30 annually).

\$50

Cancer Screenings

Earn an incentive when you get a qualified cancer screening with KP physician.^{2,3}

1. \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.
2. This activity is tracked through claims and will require the completion of a Kaiser Permanente HIPAA authorization form. The form will be available to complete on the BeyondWell site beginning in January 2021.
3. Qualifying preventive exams include: mammogram, colonoscopy, and pelvic exam.

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BeyondWell™