



Elevate Your Health, One Step at a Time with BeyondWell

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.

Earn up to \$150 per year in rewards - act now!

- > Gift cards earned must be self-claimed by December 31 each year.
- > Unclaimed rewards will be forfeited.

Our BeyondWell program is available now and continues into 2025—and Kaiser members and eligible spouses can **earn up to \$150** in electronic gift cards. Engage throughout each year to maximize your rewards!

Get started today!

Kaiser members

1. From a computer, visit **www.beyondwellhealth.com**.
2. Select **Login/Register** in the top right-hand corner.
3. Log into your existing account or register for a new account and accept the Terms of Use.



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

Earn up to
\$150 in rewards
for healthy activities:

Download BeyondWell app

Connect a device or app

Verified steps through device

Personal challenges

Self-guided programs

Dental exams

Flu shot

Health assessment

Select cancer screenings

Register on KP.org

Flip to learn more about
our 2025 program



2025

Below you'll see all the ways you and your qualified spouse on the Kaiser health plan can earn up to **\$150** each in Amazon.com* electronic gift cards in 2025.

\$5

Sync a device or app

Our 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 and log in to the BeyondWell app after creating your account online and earn \$5.

\$30

Interactive self-guided program

Complete any interactive program and earn \$30 (up to \$60 annually)

\$30

Dental exam

Complete a preventive dental exam through Kaiser Dental, CIS (Delta) Dental, or Willamette Dental and earn \$30.²

\$20

Flu or COVID-19 vaccine

Get your flu shot or COVID-19 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).

\$30

Cancer screenings

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

\$5

Register on KP.org

Register your account on KP.org and earn \$5.⁴

\$15

Attend a webinar

Attend a webinar hosted by your EAP or BeyondWell and earn \$15 each (up to \$60 annually).

EAP Webinars

<i>Healthy Heart, Healthy Mind</i>	<i>Feb 4 @ 10:00am</i>
<i>Mindfulness Based Stress Reduction</i>	<i>Apr 10 @ 1:00pm</i>
<i>Coping Strategies for Caregivers</i>	<i>Aug 19 @ 9:00am</i>
<i>Holiday Stress</i>	<i>Nov 14 @ 2:00pm</i>

BeyondWell Webinars

<i>Food For Your Heart</i>	<i>Feb 11 @ 11:30am</i>
<i>Health Myths & Facts- Mental Health</i>	<i>May 15 @ 11:30am</i>
<i>Eating for Gut Health</i>	<i>Aug 14 @ 11:30am</i>
<i>Plan for Good Health</i>	<i>Dec 11 @ 11:30am</i>

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 2025.
 3. Qualifying preventive exams include: mammogram, colonoscopy, and pelvic exam.
 4. This activity requires the participant to log in to their KP.org account and complete the Kaiser Permanente HIPAA Authorization Form. Once complete, it may take up to eight weeks to see the activity credit in your account.
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BeyondWell™

BeyondWell is a separate and independent company that provides services for Regence members. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. BeyondWell is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it.

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