



***The 2013-14 My Health Matters! Wellness Campaign begins September 4, 2013 and will run through April 30, 2014 for Kaiser members.***

Take your health to new heights and earn a \$50 Visa reward card for completing the My Health Matters! wellness incentive program activities. Start the new wellness incentive program and let your wellness soar!

As a County of San Bernardino employee and Kaiser member, you have access to a new wellness rewards program. Beginning September 4, 2013, you can earn \$50 for completing three simple activities.

1. Visit the new wellness rewards site, **available beginning September 4, 2013**, at <https://healthworks.kp.org/cosb> ***(Due to internet access limitations, some departments may have restricted access to this external site on County computers.)***
  - a. If you are already registered on kp.org, you can use your existing user ID and password to register on the rewards site. If not, you can create a user ID and password when you register on kp.org.
  - b. When you logon to the Healthworks website, you will see what screenings you have completed and what screenings you need to update.
2. Complete a biometric screening – ***Available by appointment only!***
  - a. Employees are invited to attend a biometric screening event on County regular time, with supervisor's prior approval.
  - b. Conveniently schedule a Biometric Screening Appointment beginning September 1, 2013 or later by calling 909-427-2347, Monday through Friday from 9 a.m. to 5 p.m.
  - c. To view a list of the events, including dates and locations, please visit [http://www.sbcounty.gov/hr/pdf\\_documents/Wellness/KP-Biometric-Events.pdf](http://www.sbcounty.gov/hr/pdf_documents/Wellness/KP-Biometric-Events.pdf) or [http://countyline/hr/pdf\\_documents/Wellness/KP-Biometric-Events.pdf](http://countyline/hr/pdf_documents/Wellness/KP-Biometric-Events.pdf)
3. Take a confidential Wellness Assessment – **Visit <https://healthworks.kp.org/cosb> (Site will be available September 4, 2013 - Due to firewall configurations some departments may have limited access to this external site on County computers)**
  - a. Complete a Wellness Assessment by going to the website above (available September 4, 2013). Click on the sign in button and use your KP user ID and password to enter the site. For first time users of the platform, you will need to agree to the authorization and confirm or update your email and mailing address. On the main page of the site, click on the arrow by the Total Health Assessment (THA) activity and click on "Click here to get started." From there, you will be sent to the HealthMedia site where you can Click on "Go", for the THA, and then click "Start Your Questionnaire."

If you are unable to attend a scheduled biometric screening event, you may also consider these options:

1. Visit your Physician. Your personal physician can provide better health care when he or she knows you better. You can use your results to discuss with your doctor any health and lifestyle changes you're thinking of making.
2. Download the Biometric Screening Request Form. Take the form to your nearest Kaiser lab to get your Biometrics completed. The form specifies what is needed for your Biometric and you will not be charged a copay for the visit. The form is available for download here: <http://www.sbcounty.gov/hr/pdf/benefits/KPMember-Lab-No-Copay-Form-for-Wellness-Program.pdf> or [http://countyline/hr/pdf\\_documents/Wellness/KPMember-Lab-No-Copay-Form-for-Wellness-Program.pdf](http://countyline/hr/pdf_documents/Wellness/KPMember-Lab-No-Copay-Form-for-Wellness-Program.pdf)

**Note:** All incentives are subject to fund availability. Employees who are enrolled as a subscriber in a County-sponsored medical plan may be eligible for incentives. Dependents may participate in My Health Matters!, but are not eligible for rewards. Employees who opt-out or waive their health coverage to a county spouse or parent are not eligible for rewards.

Complete 2013-14 Wellness Campaign details and information can be found on the My Health Matters! website at [http://www.sbcounty.gov/hr/Benefits\\_MyHlth.aspx](http://www.sbcounty.gov/hr/Benefits_MyHlth.aspx) and <http://countyline/hr/benefits/mywellness/home.asp>

For more information contact the Employee Benefits and Services Division via email at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or by phone at (909) 387-5787.