

How to Earn Your Reward

October 2010

1. Go to <http://my.kp.org/ca/sbcounty/>

2. Click on “My Health Matters!”

KAISER PERMANENTE  [About us](#) [kp.org](#)

[Home](#) [Plans and services](#) [Enroll now](#) [Health and wellness](#) [My health manager](#) [FAQ](#) [Contacts](#)

Welcome

County of San Bernardino employees

At Kaiser Permanente, good health is everything. That's why we offer you personalized care at convenient locations and time-saving online tools that connect you to your doctor and your health.

Whether you're looking for the first time or a renewing member, you'll find the information and inspiration you need to [enroll](#).

GOOD HEALTH IS AWARENESS.

GET STARTED NOW

- [Why join Kaiser Permanente?](#)
- Already a member? [Manage your care at kp.org](#).
- We're where you are—search our [facility directory](#).
- Find a clinician using our [clinical staff directory](#).
- [Learn more about the Kaiser Permanente difference](#).

IN THE KNOW

- [Flu prevention information](#)
- [Kaiser Permanente News Center](#)
- [Healthy lifestyle programs](#)

HEALTHY AT WORK

Taking an active role in your health just got more rewarding. Earn rewards for making healthy changes with [My Health Matters!](#)

MONTHLY HEALTH TOPIC

October is National Breast Cancer Awareness Month.

[Learn more about the benefits of early detection](#).

Be a road warrior. Thrive with Kaiser Permanente.

[Terms & conditions](#) [Privacy practices](#) [Technical information](#) [kp.org](#) [Glossary](#)

Before you can complete a total health assessment, you will need to be registered on KP.org. If you are not yet registered, go to www.kp.org/register

3. Click on “online health and wellness tools”

healthworks
by KAISER PERMANENTE.

My Health Matters!
COUNTY OF SAN BERNARDINO
HUMAN RESOURCES

My benefits | kp.org

Your rewards | Your health resources | Contact us | FAQ

Welcome to HealthWorks

HealthWorks by Kaiser Permanente is a part of "My Health Matters," a wide-ranging wellness program offered to employees of County of San Bernardino.

Earn rewards

Taking an active role in your health just got even more rewarding.

- Earn a \$75 reward card for completing an online total health assessment
- Attend a Step It Up! event and be entered into a drawing for \$100
- Complete a monthly challenge and be entered into a drawing for \$100
- Complete a smoking cessation program and earn a \$100 reward card

[Learn more about your rewards.](#)

Your health resources

Access [online health and wellness tools](#) that help you stay in charge of your health and make the choices that are right for you.

Redeem rewards

If you have completed a wellness activity, [sign on](#) to redeem your points online for rewards.



4. Click on “total health assessment”

healthworks
by KAISER PERMANENTE.



My benefits kp.org

Your rewards

Your health resources

Contact us

FAQ

Live and work well

- [Step It Up! events](#)
- [Online health programs](#)
- [Online health resources](#)

Step It Up! events

Jump start your health reward program at a Step It Up! event. Discover new ways to stay healthy and learn more about your health. Events include cooking demonstrations by NutriFit, fitness demos by 24 Hour Fitness, a low impact Wii competition, chair massage and health screenings. The health screenings will include total cholesterol, glucose, blood pressure, BMI, body fat, stroke assessment, health coaching and spirometry testing, and the results can be used to complete your total health assessment.

Locations:

- September 8
SBPEA
433 North Sierra Way, San Bernardino
- September 15
Best Western Heritage Inn
8179 Spruce Avenue, Rancho Cucamonga
- September 21
De Anza Teen and Recreation Center
1405 S. Fern Street, Ontario
- September 28
County of San Bernardino Dept of Behavioral Health
850 E. Foothill Blvd, Rialto
- September 29
Ambassador Hotel
15494 Palmdale Road, Victorville



Kaiser Permanente members

Kaiser Permanente members, access our [healthy lifestyle programs](#) and the [total health assessment](#).

5. Sign on using your Username and Password. If you do not have one yet, click “Register now”

KAISER PERMANENTE

Home kp.org Sign on Guía en español Search our site

My health manager Health & wellness Health plans & services Locate our services

Not ready to sign on?

- About using healthy lifestyle programs
- Register now
- Help

Sign on to use healthy lifestyle programs

[Register now](#) if you need a user ID and password.

User ID

Password

Sign on [Sign on help](#)

Forgot your user ID? Forgot your password?

[Terms & conditions](#) [Privacy practices](#) [Site policies](#) [About us](#)
[Contact Web manager](#) [Web awards & accreditations](#) [Careers](#)
[Technical information](#) [Web site map](#) [Home kp.org](#)

6. Click “Continue on to use healthy lifestyle programs”

The screenshot shows a Windows Internet Explorer browser window displaying the Kaiser Permanente sign-on confirmation page. The address bar shows the URL: <https://members.kaiserpermanente.org/kpweb/signonconfirmation.do>. The page header includes the Kaiser Permanente logo, navigation links for Home, Sign off, and a Spanish guide, and a search bar. Below the header, there are tabs for "My health manager", "Health & wellness", "Health plans & services", and "Locate our services".

The main content area is divided into three sections:

- Your Web profile:** A blue sidebar containing links to "Change password", "Change user ID", "Change preferred first name", "Change secret questions", "Update mailing address", and "Update e-mail profile".
- Thank you for signing on:** A green box with a photo of two smiling women. The text reads: "You can now use the secure features on our site to make appointments, refill prescriptions, and much more. To use many of our secure features, you may need to tell us personal information about your health. We value and protect your privacy, so we ask that you read our [privacy practices](#) before you proceed any further. We also ask that you review the important information about your use of this site, found in our [terms and conditions](#). By proceeding, you acknowledge that you've read and accepted our privacy practices and terms and conditions. To sign off at any time, click the 'Sign off' button at the top of any page."
- Continue on to use healthy lifestyles programs:** A red dashed oval highlights a link at the bottom of the green box.

At the bottom of the page, there are several footer links: [Terms & conditions](#), [Privacy practices](#), [Site policies](#), [About us](#), [Contact Web manager](#), [Web awards & accreditations](#), [Careers](#), [Technical information](#), [Web site map](#), and [Home kp.org](#). The browser's status bar at the bottom shows "Internet" and "100%" zoom.

7. Click on the purple “Go” box under “Understand my health risks” box.

The screenshot shows a web browser window titled "MyHealthMedia - Coaching Sessions - Windows Internet Explorer". The address bar shows the URL "https://kphealthy lifestyles.org/programs.html". The browser's menu bar includes "File", "Edit", "View", "Favorites", "Tools", and "Help". The page content features the Kaiser Permanente logo and navigation links: "Home", "Coaching", "My Account", and "Log Out". A secondary navigation bar includes "My Home", "Coaching Sessions", "Track My Progress", "Try a Tool", and "Updates" (with a "New" badge). The main heading reads "How can we help you? I'd like to...". Below this are four interactive cards:

- Understand my health risks.** (marked "IN PROGRESS" with a sunflower icon). Description: "Intelligent. Flexible. Powerful. HealthMedia® SUCCEED™ creates a complete summary of your health, then lays out steps to improve it – starting now." Started on 06/03/2010. Buttons: "Detail" and "Go" (circled in red).
- Manage my weight.** (with a bicycle icon). Description: "Perfect the blend of mind, body, and food. HealthMedia® BALANCE™ can help you reach your goal weight and maximize health and performance." Buttons: "Not interested", "Learn", and "Go".
- Eat healthier.** (with an apple icon). Description: "HealthMedia® NOURISH™ offers easy-to-understand, one-on-one nutritional counseling to help improve your eating habits – for life." Buttons: "Not interested", "Learn", and "Go".
- Deal with stress.** (with a chair icon). Description: "HealthMedia® RELAX™ puts your sources and symptoms of tension under a microscope, then unveils proven strategies to help keep you calm under pressure." Buttons: "Not interested", "Learn", and "Go".

A green button at the bottom right says "Scroll down for more". The browser's status bar at the bottom indicates "Double click to change security settings".

8. Click on “Start Questionnaire”

The screenshot shows a web browser window with the URL <https://kohealthy lifestyles.org/succeed/index.html?id=18&continue=true>. The page header includes the Kaiser Permanente logo and navigation links for Home, Coaching, My Account, and Log Out. A left sidebar contains the HealthMedia SUCCEED logo and a menu with options for Succeed, Questionnaire, and About Succeed. The main content area features a welcome message: "Welcome to your Succeed program! Ana, The HealthMedia® SUCCEED™ questionnaire is thorough on purpose. Our team of experts needs to ask a lot of questions to really understand you and your health status. Our experts will use your responses to identify simple things you can do to improve your health status, and ultimately your quality of life." To the right of the text is a photograph of a smiling woman holding a red apple. Below the text, a black button with white text "Start Questionnaire >" is circled with a red dashed line. At the bottom, a "Frequently Asked Questions" section begins with the question "What do I need to take the Succeed questionnaire?" and a partial answer: "You actually don't need to bring anything for our team of experts to be able to build your personalized plan, but the more we know about you, the more in depth your plan will be".

9. If you want to receive the \$75 gift card, be sure to answer YES to the question shown below that is at the end of the survey.

MyHealthMedia - HealthMedia SUCCEED™ - Additional Questions - Microsoft Internet Explorer

Address: <https://kphealthylifestyles.org/succeed/q/q110.html>

Note: Not all employers offer rewards, drawings, or prizes for completing healthy lifestyle programs.

Your choices:

- Yes, please tell my current employer:** I agree that my name, address, date of birth, and other enrollment information, and the fact that I completed a healthy lifestyle program (but not my answers) can be shared with my employer's group health plan, Kaiser Permanente, and the rewards administrator.
- No, do not tell my current employer:** I decline to share my information and choose not to participate in the rewards program. I understand that I will not be entitled to earn a reward.

If you would like to review this questionnaire with your physician or other health care practitioner, please contact him or her by phone, e-mail, or make an appointment. Please bring a copy of your summary results with you if you wish to review them with your physician or other health care practitioner.

< Previous Next >

Help Privacy Policy Terms of Use Feedback

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10. Review and Submit your answers

The screenshot shows a web browser window titled "MyHealthMedia - HealthMedia SUCCEED™ - Review and Submit Questionnaire - Microsoft Internet Explorer". The address bar shows the URL "https://lphhealthy.lifestyles.org/succeed/q/submit.html". The page content includes a navigation menu on the left with "Submit Questionnaire" selected. The main heading is "Review and Submit Questionnaire" with a sub-heading "Are You Ready To Submit Your Questionnaire for Evaluation?". Below this, a list of questionnaire sections is shown, all marked as "Completed". A "Submit" button is highlighted with a red dashed circle. At the bottom, there are links for "Help", "Privacy Policy", "Terms of Use", and "Feedback", and a copyright notice for HealthMedia, Inc. 1999 - 2009.

HealthMedia[®] succeed[™]

Succeed

- Questionnaire
 - About You
 - Weight Management
 - Nutrition
 - Physical Activity
 - Tobacco
 - Stress and Well-being
 - Alcohol
 - Drug Use
 - Skin Protection
 - Injury Prevention
 - Immunizations and Health Screenings
 - Sexual Behavior
 - Additional Questions
 - Submit Questionnaire**
 - Questionnaire Help
- About Succeed

Review and Submit Questionnaire

Are You Ready To Submit Your Questionnaire for Evaluation?

You may review any of your responses in the questionnaire. Listed below are all of the HealthMedia SUCCEED™ questionnaire sections. Please click on any section you wish to review.

About You	Completed
Weight Management	Completed
Nutrition	Completed
Physical Activity	Completed
Tobacco	Completed
Stress and Well-being	Completed
Alcohol	Completed
Drug Use	Completed
Skin Protection	Completed
Injury Prevention	Completed
Immunizations and Health Screenings	Completed
Sexual Behavior	Completed
Additional Questions	Completed

If you are satisfied with your responses, submit them. Your responses will be used to create your uniquely tailored guide. Remember, the more questions you complete, the more tailored your guide will be. If you don't have time to read your results right now, still submit your responses.

Once you submit your entire questionnaire, you will not be able to redo it.

Submit

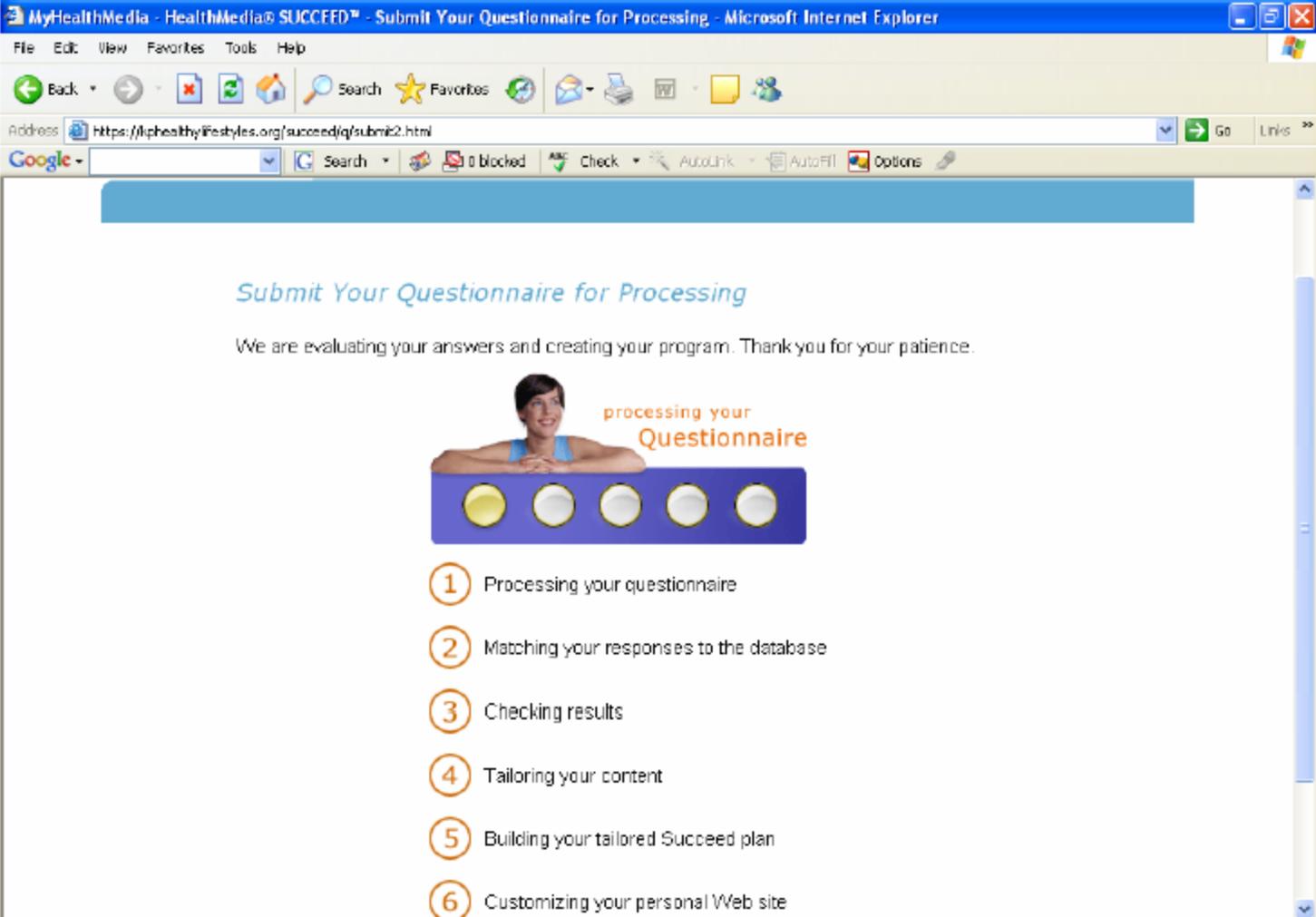
Help Privacy Policy Terms of Use Feedback

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11. Your Succeed Plan is Ready! See your results & suggestions by pressing “Click here”

The screenshot shows a Microsoft Internet Explorer browser window. The title bar reads "MyHealthMedia - HealthMedia® SUCCEED™ - Submit Your Questionnaire for Processing - Microsoft Internet Explorer". The address bar shows the URL "https://lphhealthyifestyles.org/succeed/q/submit2.html". The page content includes the Kaiser Permanente logo and navigation links: Home, Coaching, My Account, and Log Out. The main heading is "Submit Your Questionnaire for Processing". Below this, it says "Your Succeed Plan is ready! Click below to access it." A central graphic features a woman's photo, the text "your personal Guide is Ready", and a blue button labeled "Click Here". This button and the text above it are enclosed in a red dashed oval. At the bottom, there are links for Help, Privacy Policy, Terms of Use, and Feedback, along with a copyright notice: "© HealthMedia, Inc. 1999 - 2009 All rights reserved."

12. Wait for your survey results to be processed...



MyHealthMedia - HealthMedia® SUCCEED™ - Submit Your Questionnaire for Processing - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <https://lphhealthyififestyles.org/succeed/q/submit2.html> Go Links >>

Submit Your Questionnaire for Processing

We are evaluating your answers and creating your program. Thank you for your patience.

 processing your Questionnaire

1 Processing your questionnaire

2 Matching your responses to the database

3 Checking results

4 Tailoring your content

5 Building your tailored Succeed plan

6 Customizing your personal Web site

13. Review your results & suggestions!

The screenshot shows a Microsoft Internet Explorer browser window displaying the 'Your Health Summary' page for a user on June 3, 2010. The page is part of the HealthMedia SUCCEED program. The left sidebar contains a navigation menu with categories like 'Succeed', 'My Succeed Plan', 'Health Summary', and 'Medical Library'. The main content area features a quote by Michael Korda: "To succeed, we must first believe that we can." Below this is a 'My Lifestyle Score' of 88, represented by a sunflower icon and a color-coded progress bar ranging from 'Poor' (red) to 'Good' (green). A message states: "You can improve your score or maintain a good score by choosing a healthy lifestyle." The 'Top 4 Health Concerns You Are Ready to Change' section lists: 1. Stress Management (Action Item: List 3 reasons why you manage stress. Read daily. Get a personalized plan to manage your stress goal.) and 2. Nutrition (Action Item: Eat with moderation, not deprivation, in mind.)

14. Scroll to the end to “View full plan”.

MyHealthMedia - HealthMedia® SUCCEED™ - Health Summary - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites RSS Mail Print Calendar Address Book

Address <https://lhphealthy lifestyles.org/succeed/guide/healthsummary.html> Go Links

Google Search blocked Check Accounts AutoFill Options

Your blood pressure is above your target of under 120/80.

Immunizations & Health Screenings Recommended for You

Based on what you told us...

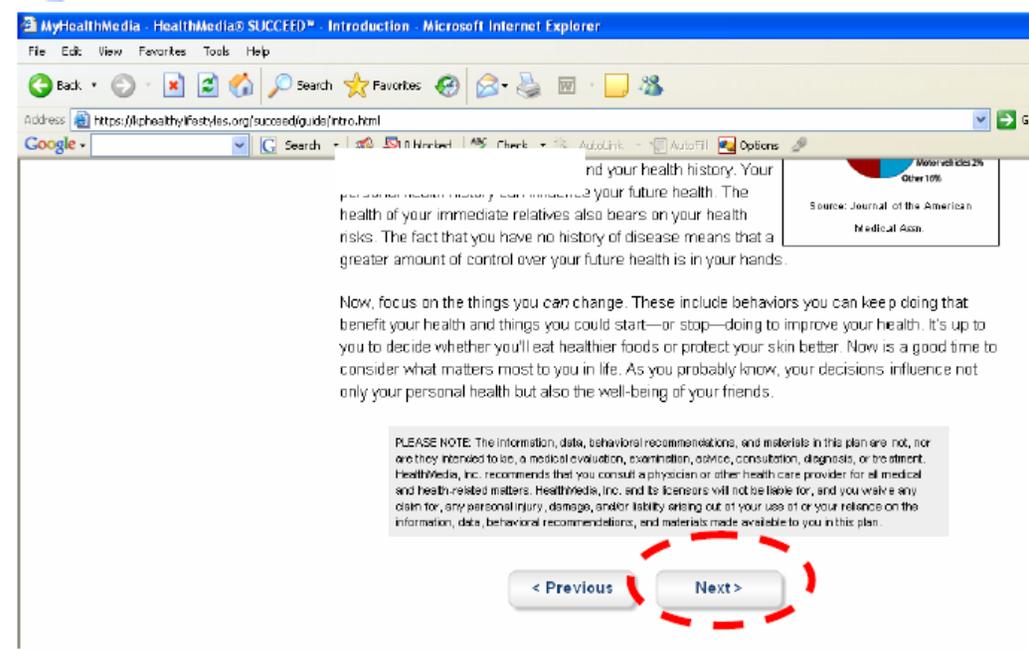
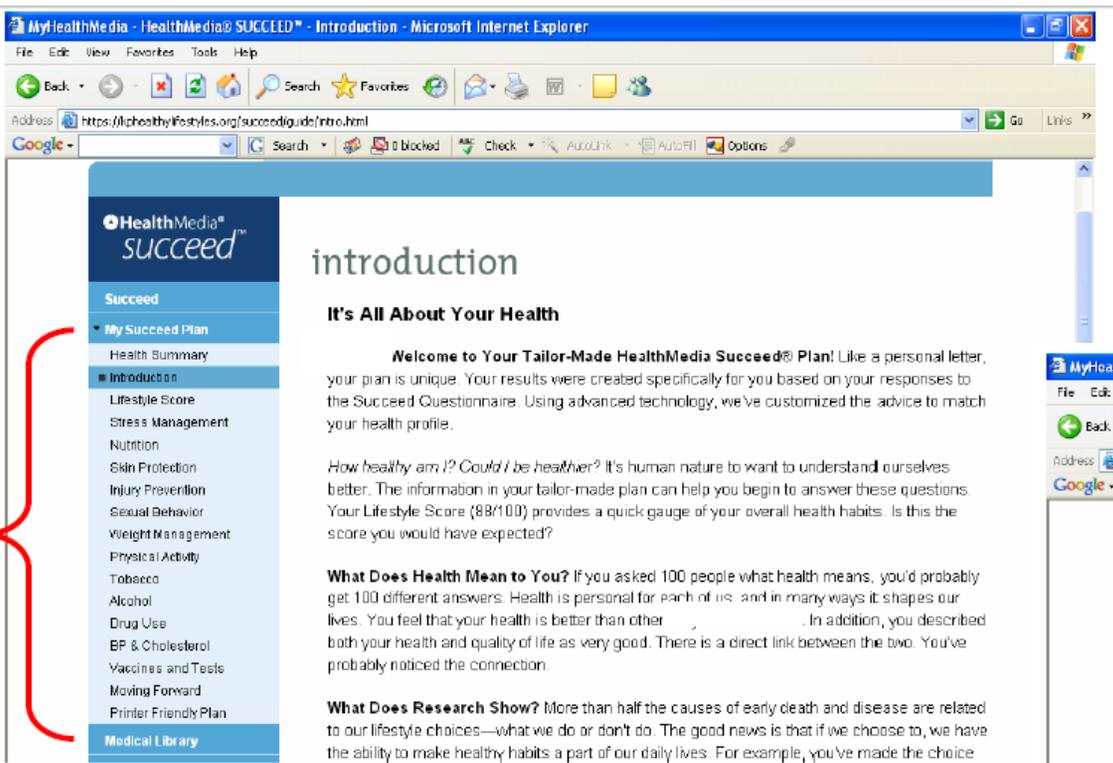
- Blood pressure check
- Cancer screenings (Talk to your doctor about the frequency of cancer screenings that's right for you.)

For a complete listing of the tests, exams, and immunizations you should have each year, go to [Your Prevention Plan for Life](#)

View full plan

Please Note: Your health summary is based on information you have provided and is for generally healthy people. If you have an ongoing health problem, special health needs or risks, or if certain health conditions run in your family, your health assessment may be different.

15. By clicking the “Next” button (or directly on the titles) at the end of the each page, you will be able to review all the personalized results and suggestions in the lift side bar.



16. You will receive an email confirming that you have completed your total health assessment. Your reward card will be mailed to your home address in 4-6 weeks.

Congratulations!