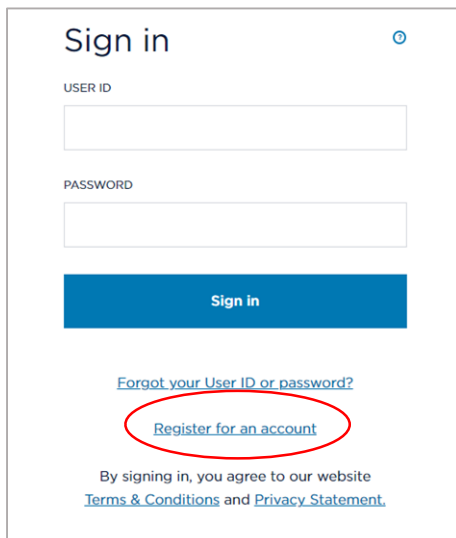


Boost your health and your wealth

Take a few easy steps to earn your **\$100 reward** and be proactive in taking care of your health!

1

- Visit kp.org/tha
- Click on the “Start Health Assessment”



Sign in

USER ID

PASSWORD

Sign in

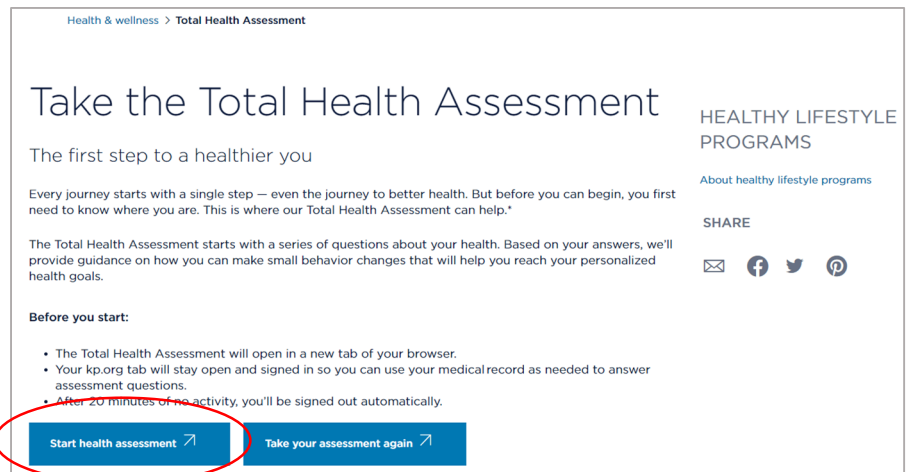
[Forgot your User ID or password?](#)

[Register for an account](#)

By signing in, you agree to our website [Terms & Conditions](#) and [Privacy Statement](#).

2

Sign on with your kp.org user ID and password. If you aren't yet registered on kp.org, click the “Register for an account” button to get a user ID and password.



Health & wellness > Total Health Assessment

Take the Total Health Assessment

HEALTHY LIFESTYLE PROGRAMS

The first step to a healthier you

Every journey starts with a single step — even the journey to better health. But before you can begin, you first need to know where you are. This is where our Total Health Assessment can help.

The Total Health Assessment starts with a series of questions about your health. Based on your answers, we'll provide guidance on how you can make small behavior changes that will help you reach your personalized health goals.

SHARE

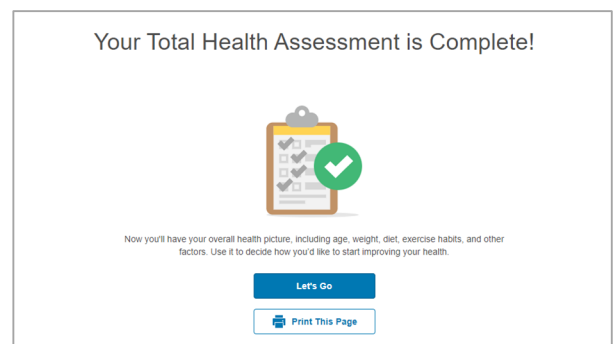
Before you start:

- The Total Health Assessment will open in a new tab of your browser.
- Your kp.org tab will stay open and signed in so you can use your medical record as needed to answer assessment questions.
- ~~After 20 minutes of no activity, you'll be signed out automatically.~~


[Start health assessment](#) [Take your assessment again](#)

3

- Take your Total Health Assessment
- Your Visa gift card reward will be processed automatically and will typically arrive within 2 weeks



Your Total Health Assessment is Complete!



Now you'll have your overall health picture, including age, weight, diet, exercise habits, and other factors. Use it to decide how you'd like to start improving your health.

[Let's Go](#)

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This reward is open to all The Arc Baltimore plan participants and their spouses 18 and older who are Kaiser Permanente members.