



Benefits Alert

June 2, 2008

A Benefits News Bulletin from Human Resource Services

Kaiser Permanente – Rewards for Total Health Assessment Online

The Benefits Office of the Human Resource Services has made arrangements with Kaiser Permanente to conduct an informational presentation for Cal Poly Pomona employees regarding rewards for total health assessment online.

Good reasons to get a health assessment online

If you're a *Kaiser Permanente member, find out how you can get a personalized assessment of your health from the comfort of your home. When you complete a total health assessment online, you'll automatically be entered in a quarterly drawing for rewards, including 80-gigabyte iPods and \$500 gift certificates for Spa Finder, Big 5 Sporting Goods, REI, or Sports Authority. Just go to **kp.org/calpers**.

Getting a total health assessment is a great step toward helping you to be as healthy as possible. A summary of your health assessment will be included in your electronic medical record for your physician to view. And, the personalized program you get after completing your health assessment will direct you to helpful programs to achieve your health goals, including free online programs and podcasts for stress management, weight management, fitness, and smoking cessation.

You can also find out how to make managing your health care more convenient through My Health Manager, where you can e-mail your doctor, view your lab results, make appointments, and view previous visit summaries.

Seating will be limited to first twenty (20) employees on a first come, first served basis. **Reservations will not be taken.** Please plan to attend one of the two sessions below:

Kaiser Permanente: How kp.org can help you live long and thrive Rewards for Total Health Assessment Online

Thursday, June 26, 2008

9:00 AM – 9:30 AM

OR

9:30 AM – 10:00 AM

Human Resource Services Conference Room B1-31, CLA Building 98, 1sth floor

If you have any questions, please contact Nancy Kitamura, Benefits Assistant, at nskitamura@csupomona.edu / (909) 869-3734 or Ghazala Khan, Benefits Analyst, at gkkhan@csupomona.edu / (909) 869-3735.

*If you are currently not enrolled in Kaiser for your medical coverage but would like to learn about this program for possible future enrollment (during open enrollment), please feel free to attend.

For campus-wide distribution.