



Health & Wellness Incentive Program Instructions

The Health & Wellness Incentive program encourages employees to invest in their well-being by taking steps to prevent or manage chronic conditions and improve their physical health.

- To qualify for the \$100 Health & Wellness Incentive, employees must complete the **Biometrics Screening, online Health Risk Assessment, and engage in a Wellness Activity** as defined by the member's medical carrier. Instructions on how to complete the wellness activity are listed below by medical plan.
- In addition, employees covered by Anthem Blue Cross must confirm the completion of their biometrics in the Employee Wellness Portal at lacountygetsfit.com. See page 7 for more information.

How to Earn the Health & Wellness Incentive by Medical Plan



Step 1 – Go to www.webmdhealth.com/kp/ and sign in with your kp.org login credentials.



Take charge of your health

You've come to the right place to engage in your health. And why not earn a few rewards along the way?

Sign on

Be sure to register at healthy.kaiserpermanente.org/ to create your login credentials if you haven't already.



Learn Shop Plans Doctors & Locations Health & Wellness Get Care Pay Bills

Type keyword

Register

Sign in

Search

Wellness Portal Technical Support • 800.435.5023, option 2 • support@mybenefitschannel.com
Support Hours: 6:00 am to 3:00 pm (Pacific Time), Monday – Friday, except major holidays.

POWERED BY
 my Benefits Channel



Step 2 – Take the Total Health Assessment (THA) at www.kp.org/tha or by accessing it via the “Do It” tab on the rewards platform. At its conclusion, several daily habits will be recommended based on your answers on the THA. You can choose one of those or review the full list and choose your own.

Take the Total Health Assessment

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.

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](#)

[About healthy lifestyle programs](#)

Total Health Assessment [less](#)
Do this by 12/31/2025

Do It

Step 3 – Go to Healthy Lifestyle Program (HLP) and click on “start a plan.” Review available plans in ten HLP categories: Tobacco, Weight, Sleep, Nutrition, Stress, Mood, Diabetes, Exercise, Worklife Balance, and Balanced Living (for those 65+).



Total Health Assessment

Healthy Lifestyle Programs

Daily Habits

Take control of your well-being today!

To-Do

Calendar

Plans



Start a Plan to start building Daily Habits!

You have no active Plans.

START A PLAN

Step 4 – Review the daily habits under that category and select the daily habits(s) that you want to complete. There are 120 missions available in all ten lifestyle behavior categories. To get started, follow the instructions below. For example, select Keep Stress in Check by clicking on “details” next to the category. Then select “Start this Plan.”



Keep Stress in Check

During Keep Stress in Check, you'll set a plan to better manage stress and take steps to make it happen.

[DETAILS](#)



Keep Stress in Check Plan

During Keep Stress in Check, you'll set a plan to better manage stress and take steps to make it happen.

[START THIS PLAN](#)

Step 5 – Go to your To-Do list to complete the daily habit activities. Each daily habit has a unique duration and requirements.



Total Health Assessment

Healthy Lifestyle Programs

Daily Habits

Take control of your well-being today!

To-Do

Calendar

Plans

Welcome to Daily Habits!



It's Simple!

Reach your goals by doing your Activities every day

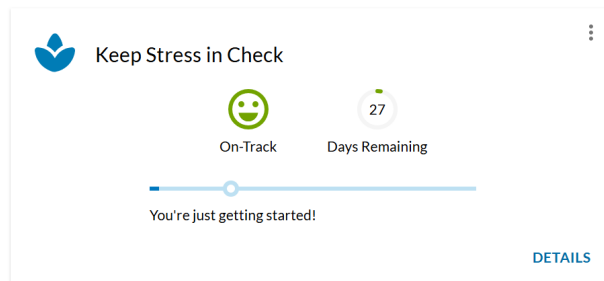
[NEXT](#)



Step 6 – Log in to confirm completion of at least or a minimum of 25% of your daily habits activities. Continue the daily habit to completion to get its full health benefits.

ACTIVE PLANS

You currently have 1 active Plan

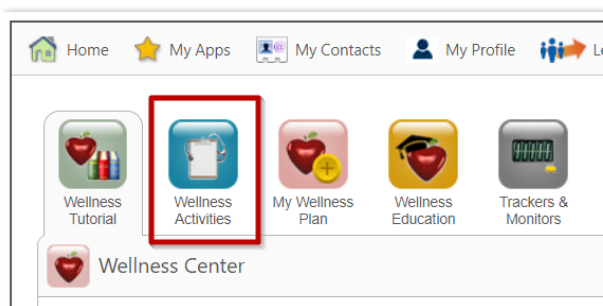


Step 1 – Complete the online Health Risk Assessment (HRA) at anthem.com/ca/countyoflosangeles

Step 2 – Go to anthem.com/ca/countyoflosangeles and click on the “Anthem.com” link at the top right of the homepage to access the member website; login using your User ID and password.

Step 3 – Click on the “My Health Dashboard” tab located at the top of the page and then (from the drop-down menu) click on “Programs” to access the HRA under My Health Check-In. Complete the entire assessment to receive credit for the incentive.

Step 4 – To confirm your biometric completion, log into www.LaCountyGetsFit.com, click the **Wellness Activities** icon at the top of the page.



Step 5 – In **Group Sponsored Activities** on the Wellness Activities page, click the activity titled “**ANTHEM MEMBERS: Confirm Your Completion of Biometrics**”. Pressing this button confirms that you have updated your biometrics for blood pressure, total cholesterol (LDL, HDL, and triglyceride), blood sugar levels, and hemoglobin A1c level during the 2025 calendar year.

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
ANTHEM MEMBERS: Confirm Your Completion of Biometrics	Recommended	12/31/2024	0		
Los Angeles County Wellness Program Tutorial	Recommended	12/31/2024	0		



Step 7 – In the **Date** field, type in the date you completed your biometrics. Then, click the blue **Certify** button. The activity will be marked with a green check mark in the status column indicating you completed the activity.

SELF CERTIFICATION

Activity: ANTHEM MEMBERS: Confirm Your Completion of Biometrics

Date: * Required

Remarks:

By clicking "Certify" below, you are creating an electronic signature that certifies that you performed the activity as described, on the date reported. Discovery that you have falsified any part of this record may result in forfeiture of any and all rewards earned up to this date.

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
ANTHEM MEMBERS: Confirm Your Completion of Biometrics	Recommended	12/31/2024	0	0	<input checked="" type="checkbox"/>
Los Angeles County Wellness Program Tutorial	Recommended	12/31/2024	0		

Step 8 – Select and complete your 30 Wellness Activity credits as described beginning on page 6.



Step 1 – Complete your online Health Risk Assessment (HRA) at myCigna.com.

Step 2 – Login using your User ID and password; if you do not have a User ID and password, please click on Register Now and follow the prompts.

Step 3 – Once you login, at the top of the page, hover over the “Wellness” tab and click on “Health Assessment.”

Step 4 – Select and complete your 30 Wellness Activity credits as described beginning on page 6.



Step 1 – Complete your online Health Risk Assessment (HRA), submit a Physician Form with your Biometric Screening results.

Step 2 – Visit <https://e-i.uhc.com/colaw> for information about how to complete your health assessment and download your Physician Results Form.

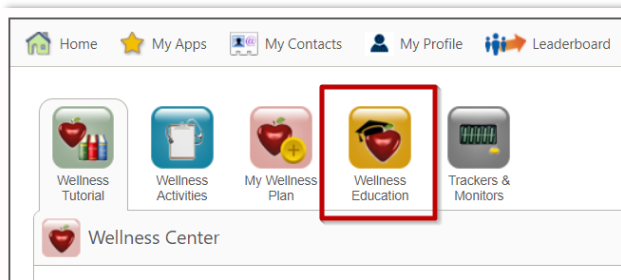


Step 3 – Select and complete your 30 Wellness Activity credits as described beginning on page 6.

How to Complete your 30 Wellness Activity credits

Step 1 – Go to www.LACountyGetsFit.com and **Login**.

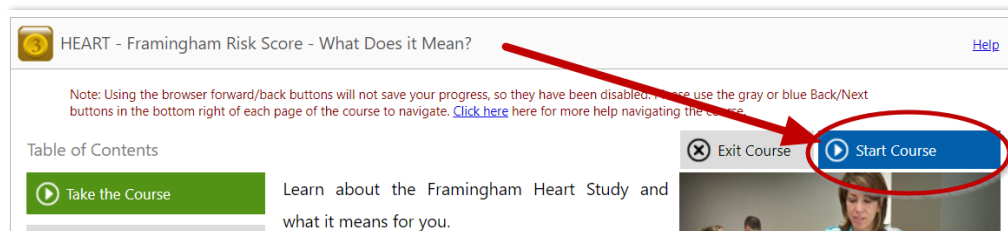
Step 2 – Click the **Wellness Education** icon at the top of the page.



Step 3 – Navigate to the “**WELLNESS INCENTIVE – Wellness Activity (3rd Step)**” category to see the list of eligible wellness education courses. Complete 30 wellness activity credits to fulfill the requirement. Click on the course title (blue link) to begin the course. Each course is linked to an important health topic, CAPITALIZED at the beginning of the title. For example, the word “HEART” at the beginning of the course title below tells us that the course is about strategies to maintain a healthy heart. Once you complete the course and pass the quiz, your “Earned Credits” column will show the credits earned.

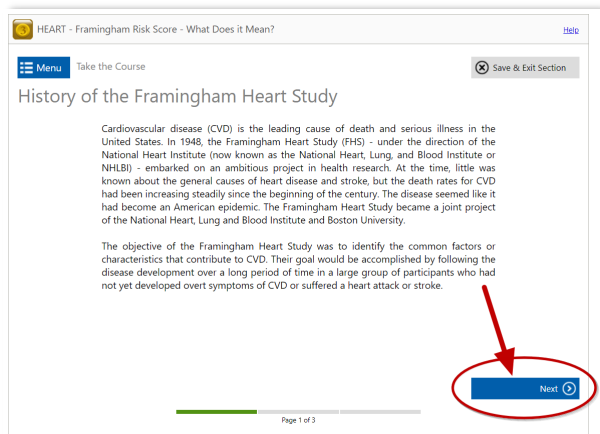
WELLNESS INCENTIVE - Wellness Activity (3 rd Step)						
CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS	
HEART - Framingham Risk Score - What Does it Mean?	Elective		10			
HEART - Healthy Heart Club	Elective		15			
HEART - Physical Activities for Your Heart	Elective		25			

Step 4 - Click on the blue “**Start Course**” button.

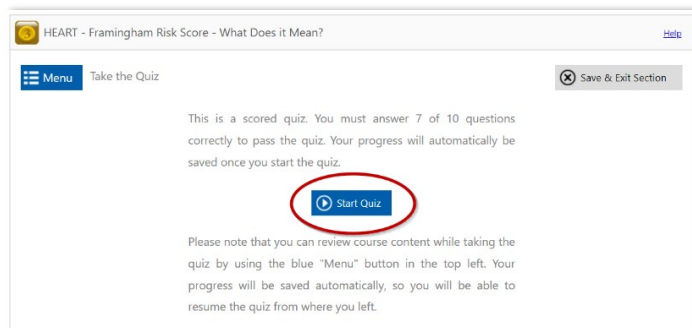




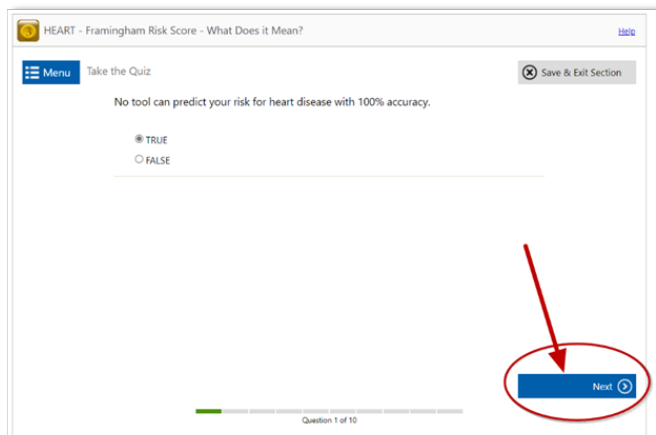
Step 5 - Complete the course material. Click the **Next** button at the bottom of the page to move forward through the course.



Step 6 – After completing the course material, click the blue “Start Quiz” button. You must score 80% or higher to pass the quiz and receive credit.

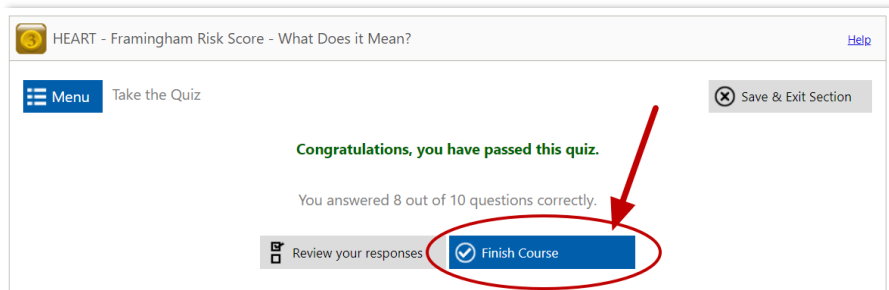


After selecting an answer to each question, click the blue **“Next”** button at the bottom of the page to move forward through the quiz.





Step 7 – Once you have passed the quiz, you will receive a “**Congratulations, you have passed this quiz**” notification. Click the blue “**Finish Course**” button to proceed. You can also review your answers by clicking the button “Review your responses.”



You will then receive a “Course Completed” notification, stating that you have fulfilled the requirements to complete the course and have earned credits. Here you can view and/or print your certificate by pressing the “**View Certificate**” button. To exit the course, click the blue “**Exit Course**” button.

