

December Wellness Updates

Get Some Headspace Begins

December 4th – December 31st

Look on the wellness site to earn **\$100** by completing your **Kaiser Permanente Total Health Assessment!**

Complete the challenge to earn **500** points!

Don't forget to **track your preventative screenings** to also earn points!

Your 2017-2018 Wellness Incentive

is now on the

How It Works page!



Visit www.aps.totalwellbeinglife.com today!

