



# Get on track for good health.

## Assess your health and get rewarded.

Join us for a free screening event on Wednesday, March 9, and take advantage of a great way to gauge your health. This HealthWorks by Kaiser Permanente event lets you get readings of your cholesterol, blood sugar, and blood pressure levels, as well as your pulse rate and body mass index.

It's part of a team effort by the County of Sonoma and Kaiser Permanente to help you improve your health and enjoy a better quality of life. HealthWorks is free for employees, and most resources are available online or right where you work.

Get started taking an active role in your health, and earn rewards.

Once you have your screening numbers, you can use them to complete a free, online total health assessment. You'll receive a personalized action plan for improving your well-being—along with a \$50 reward card, redeemable at selected national retailers.

### **Free Health Screening Event**

**When:** March 9, from 10 a.m. to 4 p.m.

**Where: Permit and Resource Management Hearing Room**

2550 Ventura Avenue, Santa Rosa, CA 95403

Being healthy is a perk you can enjoy for life. Here's your chance to get inspired to take control of your health—and to start earning rewards for it. To learn more, visit <http://my.kp.org/healthworks/ca/countyofsonoma>.

The reward program ends November 30, 2011, and is open to all County of Sonoma employees 18 and older. \$50 reward cards are limited to the first 1,000 eligible employees who complete the total health assessment. Total health assessments taken before March 9, 2011, are ineligible for rewards. By law, those enrolled in any Kaiser Permanente Medicare plan are not eligible to receive rewards. Reward cards expire 180 days after activation.



Healthy Habits