

**Kaiser Member Services 1.800.464.4000**

Effective immediately, Kaiser participants will need to meet one of the health education requirements outlined below in lieu of completing a Biometric Screening in order to be placed in to the Premier Plan of benefits.

**Kaiser participants are no longer allowed to receive a traditional Biometric Screening through Quest Diagnostics.** In order for Kaiser Permanente members to qualify for the Premier Plan **both union member and spouse** must complete one of the following:

- Take an online Health Risk Assessment; or
- Take an online Health Improvement course;
- Attend a Kaiser Permanente Health Education class.
  - **For patients with a chronic illness, this would include attending our Living with Chronic Illness class.**
  - **For pregnant members, this would include attending one of our on-site prenatal classes.**
  - **Another option is to attend a health education class in person at your union local (date and time to be announced).**

If you take an on-line Health Risk Assessment or Health Improvement course, Kaiser will report your compliance so the Fund can move you from the Basic Plan to the Premier Plan.

If instead, you choose to take a health education class in person, you must have the instructor sign the attached form, and then submit it to the Ironworkers Trust Fund office.

To take the health risk assessment on [kp.org](http://kp.org), go to My Health manager and choose “My medical record.”\*\*\* Once you’ve completed the online questionnaire, you’ll receive a customized action plan to help you succeed in creating a healthier lifestyle. \*\* **This feature requires you to be registered and signed on to Kaiser’s Web site. If you haven’t registered yet, start by going to [kp.org/register](http://kp.org/register).**

To take an online health improvement (Healthy Lifestyles) course, start by accessing [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles) and choosing from one of the available online courses, such as:

**Balance®** — This comprehensive weight management program includes helpful tools and a personalized plan to help participants coordinate three areas: mind, food, and body. \*\*\*

**Breathe®** — This award-winning program can help participants quit smoking for good. Participants create a personalized quitting plan that includes proven strategies for decreasing dependency and cravings.\*\*\*

**Nourish®** — This program helps participants to create a custom-made nutrition plan and offers personalized strategies for making smart, satisfying food choices to improve health and well-being. \*\*\*

**Relax®** — This program examines participants’ sources and symptoms of stress to develop a customized stress management plan. \*\*\*

**Care® for Pain** — This pain management program offers support and strategies for participants living with chronic pain to teach self-management and coping strategies to regain control of their lives.

**Care® for Diabetes** — This program offers strategies for day-to-day management of diabetes.

**Care® for Your Back** — This program gives participants living with chronic back pain techniques and approaches to better manage their condition.

**Overcoming™ Depression** — This self-help intervention offers focused coping strategies, ideas to build motivation to change as well as relapse prevention strategies.

**Overcoming™ Insomnia** — This program offers evidence based techniques to help participants sleep.

\*\*\* **Available in both English and Spanish**

To attend a Health Education Class in person, or if you have any questions, you can inquire directly to Kaiser by calling:

**1-800-464-4000, or at [www.kp.org](http://www.kp.org)**

and access tab entitled “Health and Wellness,” then go to “Programs and Classes”