



You're invited to enjoy healthy rewards

Introducing the Hertz/Dollar/Thrifty Wellness Program – engage in healthy activities to improve your well-being

Take action

Take a confidential online Total Health Assessment to see what's impacting your health. Then choose from several online healthy lifestyle programs that can help you reduce stress, quit smoking, lose weight, and more.

Feel the benefits

The Total Health Assessment will give you a customized action plan to improve your well-being. And the healthy lifestyle programs can help you achieve goals based on your health needs.

Get started today

To start your program:

- Go to **kp.org/engage** and sign on using your kp.org user ID and password.
- Select "Yes" to accept the Wellness Program Agreement.
- Start your program, which is listed on the "My rewards" page.

Start now. Visit **kp.org/engage** today.

