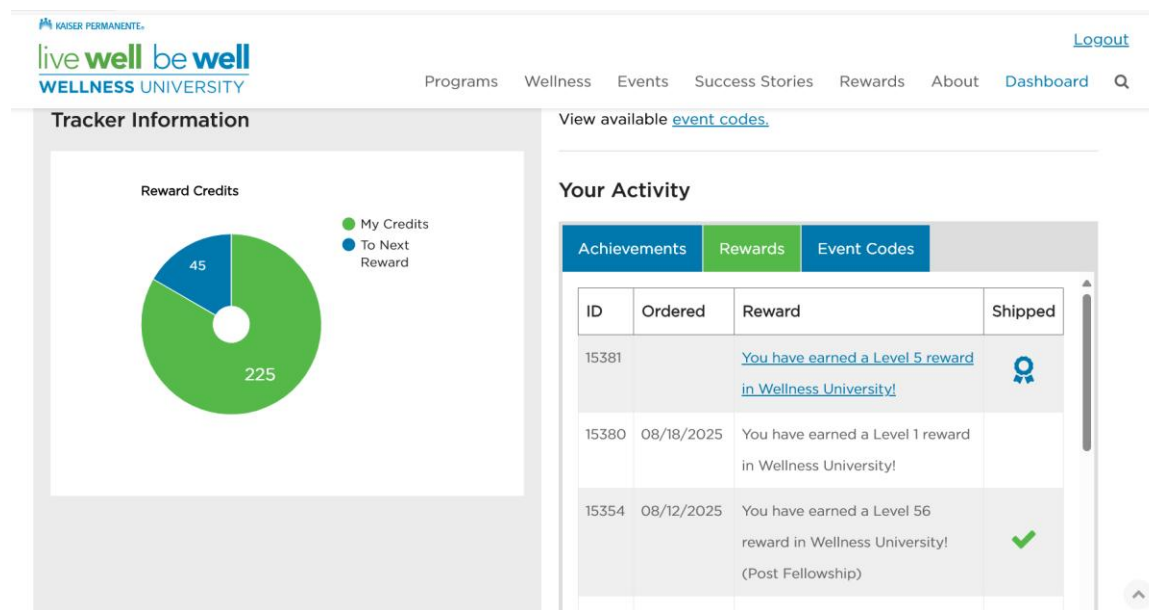




## Quick Guide to redeeming Wellness University rewards (2025)

Instead of receiving email notifications about your Wellness University advancements, you will see it on your tracker's dashboard – claiming your rewards is now quick and easier.

### How to redeem your Wellness University reward:

- Visit [KP Wellness University](#) and log into your tracker dashboard.
- Under **Your Activity**, you will notice an Achievements, Rewards and Event Codes column.
- When you are under the **Rewards** column, note the following:



- Under shipped, if you see , click on it to open an online form to complete and submit your reward request.
- When the shipped column is blank, that means your reward form has been received and being processed.
- A  means that your reward has been shipped and it will be delivered soon (based on inventory).

Continue to redeem activity codes to earn more Wellness University rewards. Thank you for making your overall wellness a priority.

Questions? Email us at [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org) or call (916) 525-4820.