

# MotivateMe

2024 Kaiser Passport: Earn up to \$250 per year

Email Passports to [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov)  
by 11:59 PM EST, 12/31/2024

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Circle One: Employee or Retiree

GOAL TYPE	DESCRIPTION & AMOUNT	COMPLETION DATE & INITIALS
Annual Physical	Preventive, primary care exam. Must be completed in alignment with KP guidelines. <b>Doctor's signature or screenshot of KP portal after-visit summary required for verification. (\$200)</b>	Date of Physical: _____ <b>Doctors Signature:</b> _____
Preventive Screening	Choice of 1 screening per year: colon, cervical, prostate, mammogram, OR annual OB/GYN preventive exam <b>(\$30)</b>	Date: _____ Employee Initials: _____
Omada	Complete at least 16 lessons of a Fairfax County-sponsored <a href="#">Omada</a> program <b>(\$20)</b>	Date: _____ Employee Initials: _____
Dental Exam*	Visit your dentist for a dental/oral exam. To complete this goal entirely, receive 2 exams per calendar year. <b>(\$10 each)</b>	Date: _____ Employee Initials: _____ Date: _____ Employee Initials: _____
Vision Exam*	Visit an optometrist or ophthalmologist for a vision exam <b>(\$10)</b>	Date: _____ Employee Initials: _____
EAP & Behavioral Health*	Complete at least 3 visits with an EAP or behavioral health provider (in-person or virtual) <b>(\$20)</b>	Date: _____ Employee Initials: _____
<i>Retirees Only</i> Benefits Academy*	Participate in 2 Retiree Benefits Academy sessions in 2024. To complete this goal entirely, complete 2 sessions in the calendar year <b>(\$10 each)</b>	Date: _____ Employee Initials: _____ Date: _____ Employee Initials: _____

### Tips for Success:

- **Complete the annual physical AND at least 2 other activity categories completely to earn any rewards**
- All passports must be received by LiveWell by 11:59 pm EST on December 31, 2024
- Passports may be submitted via:
  - Email: [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov)
  - Mail or Interoffice Mail: Fairfax County Government, Dept. of Human Resources, 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035 c/o LiveWell
  - Fax: 703-802-8795
- Questions? Email [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov) or call HR Central 703-324-3311 (TTY 711)