



2026

**WELLNESS REBATE
CERTIFICATION FORM**
**For Employees with
KAISER PERMANENTE (KP)
Medical Coverage
(Payment Authorization and
Wellness Consultation Information)**

EGUSD USE ONLY

Verified: _____

Kaiser Permanente
Release of Medical Information

925-210-8834
www.kp.org/requestrecords

Form due no later than October 1, 2026 by 5pm. Forms will be accepted starting November 1, 2025.

1. Employee EIN: _____ First Name: _____ Last Name: _____

Phone #: _____ Confirmation Email: _____ Work Location: _____

2. Glucose & Cholesterol Screening Completed: _____ Date: _____

Employee's Physician/Representative Signature

Contact your Primary Care Provider (PCP) to order your EGUSD Wellness lab work. No appointment is required once the lab work has been ordered. You may drop in to any KP laboratory for screening. This screening is a zero co-pay visit. Fasting may be required – please confirm with your PCP's office at the time labs are ordered. Do not ask laboratory personnel to sign this form. A co-pay may be required if your PCP decides you require more comprehensive labs. Completion of this requirement is indicated by your PCP's signature above at the end of your Wellness Consultation.

3. Health Risk Assessment Completion Date (per employee): _____

A health risk assessment is a series of questions to help employees become aware of any health risks. The District will not have access to your individual answers. Completion of this requirement is accomplished by taking the Total Health Assessment (THA) offered through Kaiser Permanente by visiting <http://blogs.egusd.net/wellness/> and clicking on the health risk assessment logo. After finishing the THA, enter the date it was completed.

4. Wellness Consultation Completed: _____ Date: _____

Including Blood Pressure & Body Mass Index (BMI)

Employee's Physician/Representative Signature

A Wellness Consultation is a visit with your PCP that includes information regarding recommended age-appropriate screenings and a review of your biometric screens (Glucose & Cholesterol screening), blood pressure screening, BMI, and health risk assessment. Blood pressure screening and BMI, which is a height and weight measurement, will be completed as part of your Wellness Consultation. One Wellness Consultation appointment per calendar year is a zero co-pay visit. If your Wellness Consultation becomes a more comprehensive appointment about matters outside the area of the Wellness Consultation, the visit may be subject to a \$30 co-pay.

5. Employee Certification

Before submitting this form, did you:

- ☐ Complete shaded items 1, 3, and 5?
- ☐ Obtain approvals from your Primary Care Provider (PCP) for items 2 and 4?

I certify that I have completed the necessary requirements above and hereby authorize Kaiser Permanente to confirm that I have received an annual Wellness Consultation and have been informed of recommended age-appropriate screenings. I understand that completed forms are subject to verification. *No private health information is to be disclosed as part of the confirmation.*

Employee Signature: _____ Date: _____

Instructions on Completing Wellness Rebate Certification Form for Kaiser Permanente (KP) members:

- ☐ Schedule an appointment with your Primary Care Provider (PCP) and request labs by either:
KP.org on-line member access:
Schedule an appointment for May 31, 2025 or after by choosing "routine checkup" or "physical" as the appointment choice
and
send a message to your Primary Care Provider (PCP) requesting labs for your EGUSD Wellness Consultation
- Phone contact:
Call your Primary Care Providers (PCP) office to request a routine checkup appointment for May 31, 2025 or after
and
ask that a message be sent to your Primary Care Provider (PCP) requesting labs for your EGUSD Wellness Consultation

NOTE: KP ALLOWS ONE WELLNESS CONSULTATION PER CALENDAR YEAR AT NO CHARGE – APPOINTMENT MUST OCCUR WHEN BENEFIT ELIGIBLE WITH EGUSD

- ☐ Complete labs at a Kaiser Permanente laboratory facility at least 2 days prior to appointment.
- ☐ Complete the online health risk assessment (see Box 3 below for additional information).
- ☐ Complete the appointment with your PCP – **bring this form and ask the PCP to approve Boxes 2 and 4 above.**
- ☐ Review the form to ensure items 1-5 are completed (employees are to complete shaded items), retain a copy of form for your records, and complete the online submission in the Employee Records section of the EGUSD Portal.

Retain a copy of completed form for your records and complete your submission upload in the Employee Records section of the EGUSD Portal. Questions? Email benefits@egusd.net