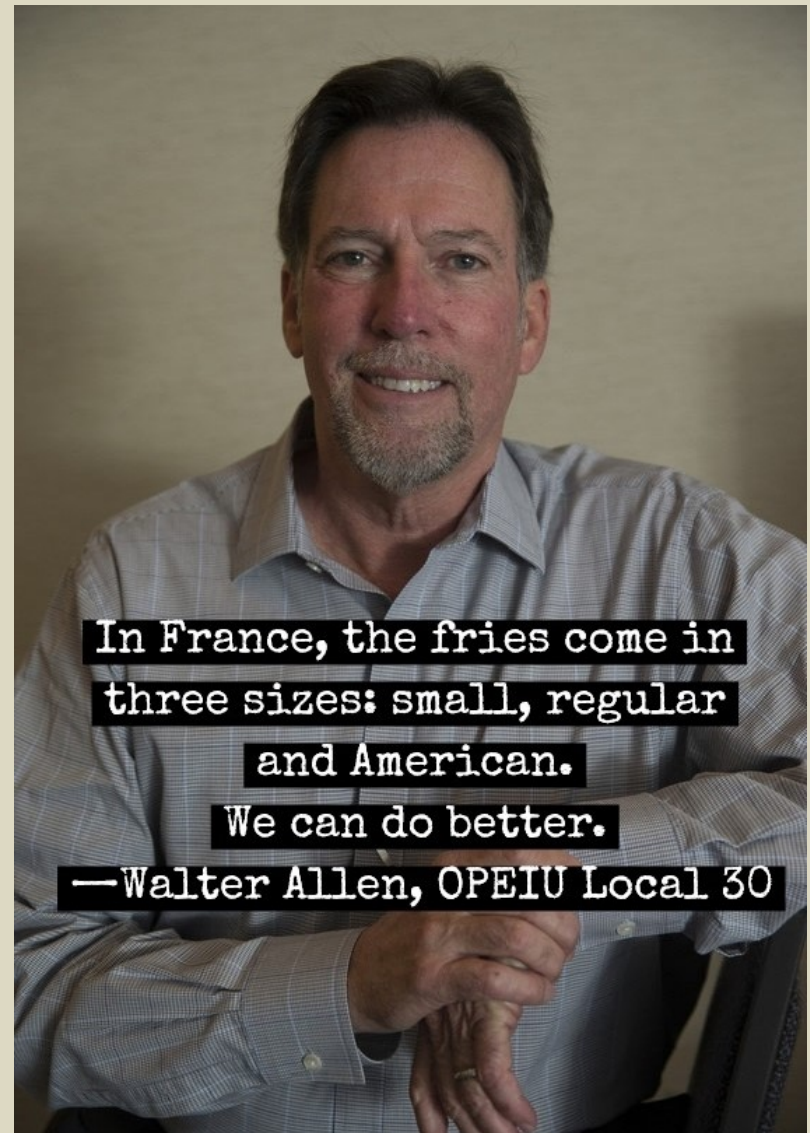


Health is a union issue

Take action. Take responsibility.
Take the Total Health Assessment.



In France, the fries come in
three sizes: small, regular
and American.

We can do better.

—Walter Allen, OPEIU Local 30

Take action. Take responsibility. Take the Total Health Assessment.

Health is a union issue.

Unions solve problems that communities cannot tackle on their own. We know that obesity, diabetes and other preventable health risks cause unnecessary suffering, make employee benefits more costly and threaten to overwhelm a health care system that's already unaffordable for many families.

The Coalition of Kaiser Permanente Unions committed to the [Total Health Incentive Plan](#) in 2012 national bargaining, taking a progressive stand for workplace health and wellness.

- It's voluntary and confidential.
- It's all reward and no punishment.
- It represents the very best of labor union traditions: empowering people as a group to make positive changes.

The [Total Health Assessment](#) (THA) is the starting point for this plan. Take the THA by the end of 2014. Earn a bonus if enough of us take it. And improve your own health.

Join the fight for our collective well-being. Visit kp.org/hwf now.

