



Sustain™

Human Resources and Kaiser Permanente are excited to announce a new challenge program called **Sustain**, designed to foster eco-friendly habits and a deeper connection to nature.

Human health is tightly tied to environmental well-being; we're already experiencing health consequences of climate change.

Here's the good news: We have the power to make things better. The ways we work and play, use natural resources, speak up to advocate, and interact with the natural world can create a life affirming shift toward a more sustainable way of life for all. Industry has a major role, but individuals — each doing our part — can make a big difference, too. You'll practice activities that contribute to our planet's health; many of them also enhance personal well-being and save money.

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Coming Soon



Enhance your personal well-being, reduce your ecological footprint, and conserve natural resources to lessen the impact of climate change.

Sustain lets you personalize your experience, practicing activities most important to you. You can choose habits to shift toward more sustainable eating, reduce, reuse, and recycle, as well as deepen your connection with the natural world and advocate for the environment.

More information coming [March 27, 2023](#).

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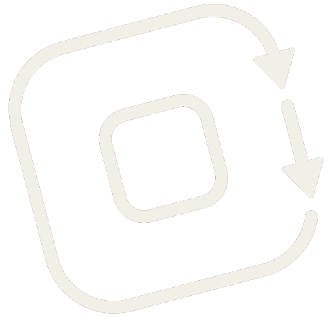
Prepare a Whole-Food
Plant-Based Recipe



Fix, Don't Replace



Green Your Ride



Learn and practice activities for an eco-friendly lifestyle, including ways to use and accumulate less stuff, decrease waste, and conserve natural resources.

- Registration starts **Monday, March 27th**
- Challenge begins **Monday, April 3rd**
- Challenge ends **Sunday, April 30th**



Sustain[™]

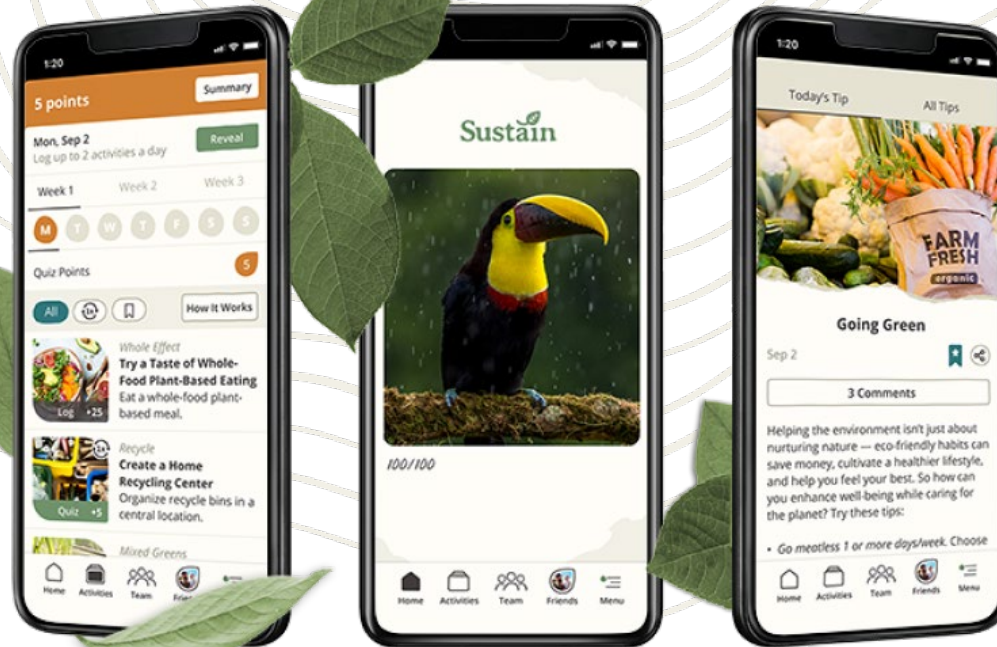
The program generates spectacular natural images — like majestic redwoods, a teeming coral reef, or the stunning — and endangered— Bengal tiger.

Each day when you log activities, a portion of the image is revealed. The more you do, the more your image comes to life.

The 4-week program goal is 500 points.

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- Mobile app
- Team competition
- Invite friends for support
- Interactive Wellness Wall
- Recipe database
- Daily tips



Although you can participate on your own, team participation makes *Sustain* even more fun and effective.

Groups of 4 aim for 500 points a week to be featured in the weekly showcase. When you record an activity, your points count toward completing your image as well as the team total for that week.

We look forward to you taking part in the challenge!

