

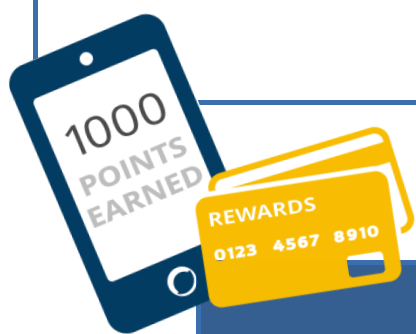


2022 Strive Reward Points Program

Engaging in healthy behaviors not only helps promote better health, but it can earn you prizes too!

How to Earn Your 2022 Strive Reward Points

Activity	Points	How to Participate
Health Risk Assessment	500 Points	Complete HRA after creating an account.
Annual Well-Visit	500 Points	Complete your annual well-visit, have your physician complete your Annual Well-Visit Physician Form, and upload the form to your portal.
Preventative Exams	200 points (up to 1200 annually)	Complete preventative health screenings like mammogram, dental exams, eye exams, prostate exam, etc.
Vaccinations	200 points (up to 1200 annually)	Receive vaccinations including influenza, COVID-19, Chicken Pox, Hepatitis A&B, etc.
Step Tracking	Up to 1200 points annually	Earn 5 points each day you reach 10,000 steps.
Nutrition Tracking	Up to 1200 points annually	Earn 6 points each day you reach 3 servings of fruits and vegetables.
Watch the Monthly Strive Webinar	100 points (up to 1200 annually)	View the monthly webinar (live or recorded) and write a brief description of what you learned.
Read articles in the HealthyLearn Library	25 points (up to 300 annually)	Visit the HealthyLearn library and read at least one article in a day.
Wellness Presentations	200 points (up to 800 annually)	View wellness presentations occurring throughout the year (live or recorded) and write a brief description of what you learned.
Strive Wellness Challenges	200 points for completing (up to 800 annually)	Join online Strive Wellness Challenges and reach the final milestone to earn the full points value.
Well-being Activities	100 points (up to 1200 annually)	Complete a well-being boosting activity of your choice. Examples include races, seeing a financial advisor, utilizing EAP resources, speaking to a therapist, etc.



Prizes

2022 Strive Rewards

Quarterly Prize:
\$25 Amazon gift card

How to Qualify:
Earn 500+ points per quarter. Take note of activities you track each quarter to determine your eligibility!

Grand Prize Raffle:
Prize valued at \$500

How to Qualify:
Earn 2,000+ points by 12/31/2022.

To begin earning points, visit www.kapnickstrive.com/christmanco

Questions? Contact benefits@christmanco.com