

Earn Prizes for Prioritizing Your Well-Being!

Kapnick Strive Points Program



1. Login at www.Walbridgehome.net
2. On the homepage, click on the tab labeled "External Links"
3. Under Benefits, click on "Kapnick Strive" to access the portal



4. Find the category for the activity you're going to record – e.g. go to "Wellness Activities" if you completed a 5k or other well-being activity.

5. Click the relevant form, fill out the required information, optionally provide verification of the activity you completed, and hit "Close" or "Finish." Congrats on earning points!



Eligible Wellness Activities

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

Quarterly Prize

**6 Quarterly Winners -
\$25.00 Gift Card!**

How to qualify:
**100+ points in a quarter
= 1 entry**

Grand Prize Raffle

**4 Annual Winners -
\$100.00 Gift Card!**

How to qualify:
500 points = 1 raffle entry



- **Complete your annual well-visit** - 500 points
- **Complete a preventative exam** - 200 points each (max 1200 points)
 - Examples of preventative health screenings include: Mammograms, Dental Exams, Eye Exams, OBGYN Exams, Prostate Exams, etc.
- **Get a vaccination** - 200 points each (max 1200 points)
 - Examples of Vaccinations include: Flu, Covid-19, Chicken Pox, Hepatitis A & B, HPV, Measles, etc
- **Walk 10,000 steps in a day** - 5 points per day
- **Track 3 servings of vegetables and fruit** - 6 points per day
- **Watch or attend a monthly Strive Webinar** - 100 points each (max 1200)
- **Read an article in the HealthyLearn Library** - 25 points (max 300 points)
- **Attend a Wellness Presentation** - 200 points (max 800 points)
- **Complete an online Strive Challenge** - 200 points (max 800 points)
- **Submit a well-being activity** - 100 points (max 800 points)
 - Examples of well-being activities include: 5Ks, triathlons and marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.