

# Strive Wellness Program

## What's included?

Our wellness program offers a variety of tools and resources to help you achieve your best wellness:



Online Wellness Portal



Wellness Presentations & Challenges



Reward Points Program



Health Risk Assessment (HRA)



Health and Wellness Library



Monthly Strive Webinar and Newsletter

## 2024 Strive Reward Points Program

Engaging in healthy behaviors not only helps promote better health, but it can earn you prizes too! Participate in healthy activities to earn points.

Quarterly Prize	Grand Prize Raffle
<p>4 winners will win \$100 Amazon gift card</p> <p>How to qualify: Earn 100+ points per quarter = 1 entry</p>	<p>2 winners will win \$250</p> <p>How to enter: Earn 300+ points = 1 entry (4 entries max.) Deadline: 12/31/2024</p>



## Earn Your 2025 Wellness Incentive

Employees who complete the steps below will receive the Reward Contribution Rate to be applied in 2025:

1

VISIT YOUR WELLNESS PORTAL

[www.kapnickstrive.com](http://www.kapnickstrive.com)

First-time users: click "Sign Up"  
Repeat users: click "Log In"

2

COMPLETE YOUR HEALTH RISK ASSESSMENT

The Health Risk Assessment (HRA) immediately pops up for completion when you log in to your portal for the first time.

3

PARTICIPATE IN THE BIOMETRIC HEALTH SCREENING ON ONE OF THE FOLLOWING DATES.

**DATES:**  
• TBD

More information coming soon!

Earn up to 8 days PTO!

Scan to access your portal



QUESTIONS? CONTACT  
STRIVE@KAPNICK.COM

# Access Your Wellness Portal

Your health and well-being are very important to your company, and they want to continue to provide you with the best resources and tools possible to help improve your quality of life.

## Included in your wellness portal:



- Health Risk Assessment
- Wellness Challenges & Presentations
- Physical Activity & Nutrition Tracking
- Reward Points Program
- Health & Wellness Resources
- Self-Help Guided Programs
- and much more!

1

## VISIT: [WWW.KAPNICKSTRIVE.COM](http://WWW.KAPNICKSTRIVE.COM)

- Repeat participants, select "Log In" and enter existing username and password to access the Strive portal
- First-time participants, select "Sign-Up" and follow the steps below

2

## ENTER LAST NAME, DOB, LAST 4 SSN

- Select lookup account
- Agree to terms & conditions

3

## CREATE YOUR PROFILE

- Create a username and password
- Enter remaining information to complete your profile

4

## COMPLETE THE HEALTH RISK ASSESSMENT

- Upon accessing the Strive portal for the first time in the program year, you will automatically be prompted to complete the HRA before advancing into the rest of the portal.

Get the  
Mobile  
App!



### STEP 1

Go to your portal to get your mobile access code:

- Click on your avatar
- Select Mobile Access
- Select New
- Save your code



### STEP 2

Visit your phone's app store and download

**MyWellApp by CoreHealth**

& enter your mobile access code after waiting 1-2 minutes.



Scan to watch an intro video and how-to to sign up on your wellness portal!



# Eligible Wellness Activities

To enter into the quarterly and grand prize raffle:  
Participate in any of the activities listed below to earn points to not only helps promote better health, but it can earn you prizes too!



## Quarterly Prize

**4 winners will win \$100**

**How to qualify:**  
**Earn 100+ points**  
**= 1 entry**

## Grand Prize Raffle

**2 winners will win \$250**

**How to enter:**  
**Earn 300+ points = 1**  
**entry (4 entries max.)**  
**Deadline: 12/31/2024**

- **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 point per day
- **Track 3 servings of vegetables and fruit** - 6 point 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.

**Submit the  
completed  
activities on your  
wellness portal!**

