



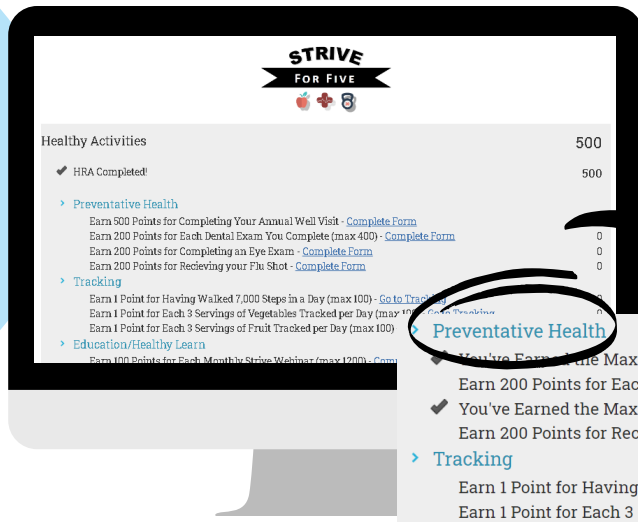
The Future is Riding on AJAX.®

# Earn Points for Prioritizing Your Well-Being!



## Kapnick Strive Reward Points Program

1. Go to [www.kapnickstrive.com/ajax](http://www.kapnickstrive.com/ajax) (or visit the app!) and log in or create an account.
2. Scroll down on the homepage until you see the points program.



3. Find the category for the activity you're going to record – e.g. go to "Preventative Health" if you completed your well-visit, eye exam, etc.

4. 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!

The more points you earn, the more entries you'll have into our quarterly raffles!



# 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 help promote better health, but it can earn you prizes too!

- **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!