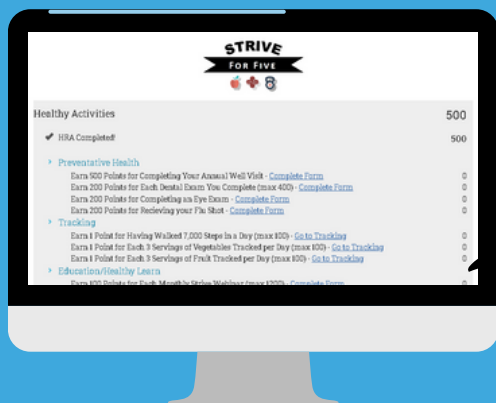


Earn Prizes for Prioritizing Your Well-Being!

Kapnick Strive Points Program

1. Go to kapnickstrive.com/BHTC 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 "Wellness Activities" if you completed a 5k or other well-being activity.

- [Tracking](#)
 - Earn 1 Point for Having Walked 7,000 Steps in a Day (max 100) - [Go to Tracking](#)
 - Earn 1 Point for Each 3 Servings of Vegetables Tracked per Day (max 100) - [Go to Tracking](#)
 - Earn 1 Point for Each 3 Servings of Fruit Tracked per Day (max 100) - [Go to Tracking](#)
- [Education/Healthy Learn](#)
 - Earn 100 Points for Each Monthly Strive Webinar (max 1200) - [Complete Form](#)
 - Earn 25 Points for Each Article Read in the HealthyLearn Library (max 300) - [Complete Form](#)
 - Earn 200 Points for Each Lunch n Learn you Attend (max 800) - [Complete Form](#)
- [Wellness Activities](#)
 - Earn 200 Points for Each Online Strive Challenge You Complete (max 800)
 - Earn 100 Points for Each Well-Being Activity Submitted (max 800) - [Complete Form](#)

Total

1

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!

Eye Exam Proof of Completion Form

Please complete the below information in order to earn your 200 Eye Exam points

• **Eye Exam date:**
3/11/2021

• **Name of provider:**
Dr. Name Physician

Optional: Upload verification of visit for your records (ex. Receipt, appointment card, etc.) No personal health information is required

Select files...

• **Acknowledgement:**
By checking this box I acknowledge that I have completed my eye exam

BHTC

Eligible Wellness Activities

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



Quarterly Prize

Two winners of a \$50 gift card

How to qualify:
Earn 300+ points

Annual Prize

Two winners of a \$250 gift card

How to qualify:
Earn 4000+ points

- **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, marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.