

## Earn Points for Prioritizing Your Well-Being!

### Kapnick Strive Points Program

1. Go to [kapnickstrive.com](https://kapnickstrive.com) 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.

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

## Eligible Wellness Activities

*Engage in healthy behaviors to help promote better health!*

- **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.