

## **Earn Points for**

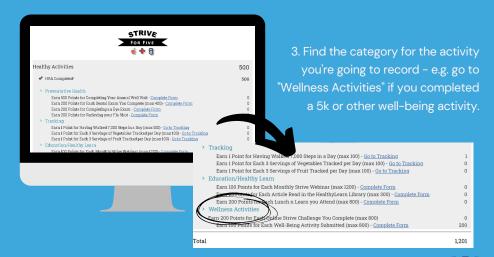
## **Prioritizing Your**

Well-Being!

Kapnick Strive Points Program



- 1. Go to kapnickstrive.com and log in or create an account.
- 2. Scroll down on the homepage until you see the points program.



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!



| Please complete the  * Eye Exam date: | below informat           | ion in order to earn your 200 Eye Exam points                                     |      |
|---------------------------------------|--------------------------|---|------|
| 3/11/2021                             | ca                       |   |      |
| * Name of provider:                   |                          |   |      |
| Dr. Name Physician                    |                          |   |      |
| Optional: Upload verificati           | on of visit for your rec | ords (ex. Receipt, appointment card, etc.) No personal health information is requ | ired |
| Select files                          |                          |   |      |
| * Acknowledgement:                    |                          |   |      |
| By checking this bo                   | x I acknowledge that I   | have completed my eye exam  |      |



## Eligible Wellness Activites

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.