

# BUILD WELLNESS IN 2024

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

## What's included?

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

-  Online Wellness Portal
-  Wellness Presentations
-  Reward Points Program
-  Health Risk Assessment (HRA)
-  Health and Wellness Library
-  Monthly Strive Webinar & Newsletter

ACCESS THE STRIVE  
WELLNESS PORTAL HERE!



Earn points for completing and submitting any of the below activities on your Strive portal, and submit your own activities using the "Well-being Activity" section!

- Complete your annual well-visit - 500 points
- Get a dental exam - 200 points
- Complete an eye exam - 200 points
- Get your flu shot - 200 points
- Walk 10,000 steps in a day - 5 points per day
- Track 3 servings of vegetables - 3 points per day
- Track 3 servings of fruit - 3 points per day
- Watch or attend a monthly Strive Webinar - 100 points
- Read an article in the HealthyLearn library - 25 points
- Attend a wellness presentation - 200 points
- Complete an online Strive challenge - 200 points
- Submit a well-being activity - 100 points
  - Examples include: talk to a financial advisor, run a 5k, see a therapist, donate blood, take a healthy cooking class, etc.

## 2023 Strive Reward Points Program



### Quarterly Prize

**\$25 Gift Card**

Earn 600+ points per quarter. Take note of the activities you track each quarter to determine your eligibility!

### Annual Grand Prize

**Prize valued at  
\$500**

Earn 2,400+ points by  
12/31/2024 for a chance to  
win!

## Lunch & Learns

Mark your calendars for the quarterly, virtual wellness lunch & learns:

**3/12, 12:00-1:00pm EST - What's in My Cart?**

**6/11, 12:00-1:00pm EST - The Healthy Traveler**

**9/10, 12:00-1:00pm EST - Health Benefits of the Great Outdoors**

**12/10, 12:00-1:00pm EST - Feeding Your Microbiome**



## Check out your Health Hub!

In one streamlined website, you can find resources to support all aspects of your health including:

- Weight Management tools
- Mental Health guidance
- Smoking Cessation options
- Insurance carriers
- & more!



## Wellness Challenges

Participate in some friendly competition to earn reward points and practice healthy habits! See below for this year's challenges:

**2/5 - 2/26: Eat the Rainbow** - Use this challenge to try new kinds of produce and play with colors. How many colors can you get in one meal? How many in one day?

**5/8 - 5/29: Strive Corporate Challenge** - Go head-to-head with other companies.

**6/10 - 6/24: Flex Your Flexibility** - This challenge introduces flexibility training with a routine to help you move through your daily range of motion with ease.

**7/1 - 7/29: Summer Fun** - Get out there and enjoy the best that summer has to offer!

**11/6 - 11/27: Cancer Awareness** - Practice steps -- all within your control -- that you can take to reduce your cancer risk.