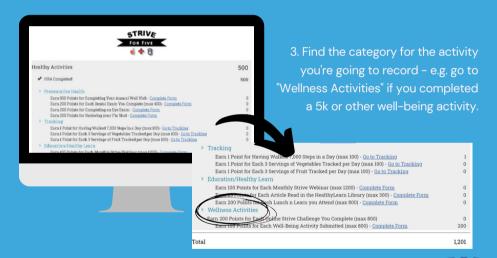
## **Earn Prizes for**

# **Prioritizing Your**

# Well-Being!

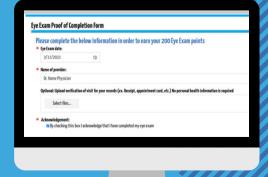
### Kapnick Strive Points Program

- 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!





## **Eligible Wellness Activites**

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

### **Quarterly Prize**

#### **Grand Prize Raffle**

\$25 worth of points added to RecogNation

How to qualify: Earn 100+ points per quarter \$250 worth of points added to RecogNation

How to enter: Earn 300+ points by 12/31/2023



- 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.