

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.



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!

The screenshot shows the 'Eye Exam Proof of Completion Form' on a computer monitor. The form has a blue header and contains the following fields and sections:

- Eye Exam date:** A date picker set to 3/11/2023.
- Name of provider:** A text field containing 'Dr. Name Physician'.
- Optional: Upload verification of visit for your records (ex. Receipt, appointment card, etc.) No personal health information is required.** A file upload button labeled 'Select files...'.
- Acknowledgment:** A checkbox with the text 'By checking this box I acknowledge that I have completed my eye exam'.

Eligible Wellness Activities

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