cutterstudios

### **Earn Prizes for**

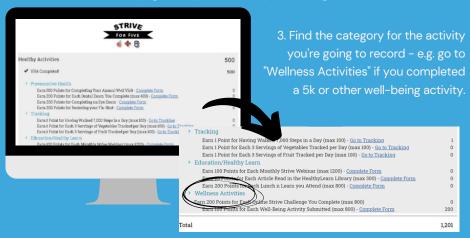
# **Prioritizing Your**

Well-Being!

Kapnick Strive Points Program

1. Go to kapnickstrive.com/cuttersstudios 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**

#### **Annual Prize**

Three winners of a \$50 gift card

Two winners of a \$100 gift card



How to qualify: Earn 300+ points

How to qualify: Earn 4000+ points

- 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 points per day
- Track 3 servings of vegetables and fruit 6 points 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, marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.

