

# Eligible Wellness Activities



To enter into the quarterly and grand prize raffle:  
Participate in any of the activities listed below to earn points to not only helps promote better health, but it can earn you prizes too!

- **Complete your annual well-visit** - 500 points
- **Complete a preventative exam** - 200 points each (max 1200 points)
  - Examples of preventative health screenings includes: *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.*

Submit the  
completed  
activities on your  
wellness portal!



Kapnick  
Strive