



5 EASY WAYS TO EARN MONEY

WITH MCCH ASPIRE

1 POINT = \$1 EARNED



Get an Annual Check-Up - 100 points

Visit your doctor or primary care provider for your annual physical and earn 100 points! Complete the well-visit form on your Aspire Wellness Portal!

Visit the Gym - 50 points

Visit the gym at least 10 times in a month to earn 25 points. Do this for three months and earn up to 150 points!



Complete a Wellness Challenge - 50 points

Reach the final milestone of a wellness challenge to earn 50 points. Check the calendar in your Aspire Wellness Portal for upcoming challenges!

Attend a Benefit Fair - 25 points

Attend a Benefit Fair and log the event as a Well-being Activity to earn 25 points. Earn up to 100 points for Well-being Activities annually!



Contribute to Your 401k - 100 points

Contribute 6% or more towards your 401k plan during the calendar year and earn 100 points!

Visit www.kapnickstrive.com/MCCHAspire
for more ways to earn!

